DELIGHTES

FOR

LADIES

1611

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To preſerue Saterion rootes.

TAke your Saterion rootes, and picke out the faire ones, & keep them by themſelues, then waſh thē and boile them vpon a gentle fire, as tēder as a quodling, then take thē off and pare off the blackeſt skinne of them, and put them as you pare them into faire water, and ſo let them remaine one night, and then weigh them, & to every pound of roots, you muſt take xi. ounces of clarified ſugar, and boyle it almoſt to the height of a ſyrupe, and then put in your rootes, but take heede they boyle not too long, for then they will grow hard and tough, & therefore when they bee boiled inough, take them off, & ſet them a cooling, and ſo keepe them according to the reſt.

Here endeth the Preſervatiues.

To make Manus Christi.

TAke halfe a pound of refined Sugar, and some Rose water, and boyle them together till it come to sugar againe, then stir it about while it bee somewhat cold, then take your leafe gold, and mingle with it, then cast it according to art, That is, in round gobbets, & so keepe them.

To candy Ginger.

TAke very faire and large ginger, and pare it, and then lay it in water a day and a night, thē take your double refined sugar, and boyl it to the height of Sugar againe, then when your sugar beginneth to bee cold take your Ginger, and stirre it wel about while your sugar is hard to the pan, then take it out race by race, and lay it by the fire for four howres

houres then take a pot and warme it, and put the Ginger in it, then tie it very close, & every second morning stir it about roundly, & it will be rocke candied in a very short space.

To Candy rose leaues as naturallie, as if they grew vpon the trees.

TAke of the fayrest rose leaus, red or damaske, and on a Sun-shine day sprinckle them with rose water aud lay them one by one vpon faire paper, then take some double refined sugar, and beat it very fine, & put it in a fine lawn searce, when you haue laid abroad all the Rose leaues in the hottest of the sun, searce sugar thinly all over thē, then anone the Sun will candy the sugar then turne the leaues, and searce sugar on the other side, and turne them often in the sun, sometimes sprinkling Rose water, and somtimes searsing sugar on thē, vntil they be inough, and come to

your liking, and being thus done, you may keepe them.

To Candy Marigolds in wedges, the Spanish fashion.

TAke of the fayre yellow marigold flowers, two ounces, and shred them and drie them before the fire then take foure ounces of sugar and boile it to the height of Manus Christi, then poure it vpon a wet pie-plate, and betwixt hote and cold cut it into wedges, then lay them on a sheete of white paper, and put them in a stoue.

To Candie all manner of flowers in their naturall colours.

TAke the flowers with the stalks and wash them over with a litle Rose-water, wherin Gum-arabeck is dissolved, thē take fine searsed sugar, and dust over them, & set them a dry-

a drying on the bottome of a ſiue in an oven and they will gliſter, as if it were ſugar-candy.

To Candy all ſorts of flowers, fruits, and ſpices, the cleere rocke candy.

TAke two pound of barbary Sugar, great grained, clarified with the whites of two egs, and boyle it almoſt as hie as for Manus Chriſti, then put it into a Pipkin that is not very rough, then put in your flowers, fruites, and ſpices, and ſo put your Pipkin into a ſtill, and make a ſmall fire of ſmall coals vnder it, and in the ſpace of twelue dayes, it will be rocke candied.

To Candy Eringus roots.

TAke your Eringus ready to bee preſerved, & weigh thē & to every pound of your roots, you muſt take of the pureſt ſugar you can get

two pound, and clarifie it with the whites of egs exceeding well, that it may be as cleare as Christall: for then it will be very commendable: it being clarified, you must boile it to the height of Manus Christi, & then dip in your roots two or three at once, till they be all candied, and so put them in a Stow, and keepe them all the yeare.

To Candie Elecampane.

TAke of your fairest Enula Campana roots, & take them cleane from the syrupe, & wash the sugar off them, and drie them again with a linnen cloth, then weigh them, & to every pound of roots you must take a pound & three quarters of sugar and clarifie it well, & boile it to the height of Manus Christi, & when it is so boyled, dipp in your roots three or foure at once and they will candie very well, and so stoue

ſtoue them, and keepe them all the yeare.

To Candy Violet flowers.

TAke of your Violet flowers which are good and new, and well coloured, and weigh them, to every ounce of your violet flowers you muſt take foure ounces of refined ſugar, which is very white and faire grained, and diſſolue it in two ounces of faire running water and ſo boyle it, till it come to ſugar againe, but you muſt ſcum it often, leſt it bee not cleare inough, and when it is boyled to ſugar againe, then take it off, and let it coole, & then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this don, put them into a boxe, and keep thē in a ſtoue.

To Candy Goos-beries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very cleane, and picke off al the ſtalks from them and weigh them, & to every ounce of Berries, you muſt take two ounces of Sugar, & halfe an ounce of ſugar candy, & diſſolue them in an ounce or two of Roſe-water, and ſo boyle them vp to the height of Manus Chriſti, & when it is come to his perfect height, let it coole, and put in your berries, for if you put them in hote, they will ſhrinke, and ſo ſtir them in round with a wodden ſpatter, till they be candied, and thus put them vp, and keepe them.

To Candy Roſemary flowers.

TAke of your roſemary flowers, ready pickt, & weigh them, to e-

very

very ounce of flowers, you muſt take two onnces of hard ſugar, and one ounce of ſugar candy, and diſſolue them in Roſemary-flower water, and boile them till they come to ſugar againe; which done, put in your Roſmary flowers, whē as your ſugar is almoſt cold and ſo ſtirre them together, vntill they be inough, and then take them out & put them in a boxe. & keepe them to your vſe in your ſtoue.

To Candy Borage flowers.

TAke your flowers, & pick them very cleane, & weigh them, and vſe them in every reſpect, as you did your roſe-mary flowers, ſaue this, that when they bee candied, you muſt ſet them in a ſtill, and ſo keepe them in a ſheete of white paper, putting every day a chafindiſh of coales into your Still, and it will be candied very excellently, and that in a ſhort ſpace.

Here endeth the ſorts of Candying.

To

To make Past of Pippins the *Genuat fashion, some with* leaues, some like plums, with *stalkes and stones in them.*

TAke your Pippins, and pare them, and cut them in quarters, then boyle them in faire water till they bee tender, then straine them, and drie the pulpe vpon a chafindish of coales. then weigh it, and take as much sugar as it weigheth, and boyle it to manus Christi, and put them together, thē fashion them vppon a Pie-plate, and put it into an Oven, being very sleightly heat, the next morning you may turne it, and put them off the Plates vpon sheets of paper vppon a hurdle, and so put them into an oven of like heat, & there let them remaine foure or fiue

fiue dayes, putting every day a chafindish of coales into the oven, and when they bee thorow drie, you may boxe them, and keepe them all the yeare.

To make Past of Eglantine of the colour of the red Coral.

TAke your Eglantine Berries, otherwise called Hips & stampe them in a morter with Gum-tragacant and Rosewater, then straine it thorow a strayner, then take half a pound of refined sugar beaten & searsed, and worke it vp into Past with this strayning, then print it with your moulds, hen stoue it, & then guild them.

To make Past royall white.

TAke a poũd of refined sugar beaten & searsed, and put into an alabaster morter, with an ounce of Gumtragacant steeped in rosewater,

ter, and if you see your past be too weak, put in more sugar, if too dry more gumme, with a drop or two of oyle of Cynamon, so that you never deceiue your self, to stand vpon quantities, beat it into perfect past, & then you may print it with your moulds, and when it is drie, guild it, and so keepe them.

To make Past royall in spices.

TAke of Cinamon & Ginger, of each a like quantity being finely searsed, mingle it with your searsed sugar, and Gum-tragacant steeped in Rose-water, and worke it into Past, as you did your past royall white, and then you may turn it vpon stickes made of peeces of arrowes, and make them hollow like Cinamon stickes: in like sorte you may make it tast of what spices you please.

To make Past of Genua the true way.

TAke two pound of the Pulpe of Quinces, and as much of Peaches, and straine it, and drie it in a pewter platter vpon a chafindish of coles, then weigh it, and take as much sugar as it weigheth, & boyl it to the height of manus Christi, and then put them together, and so fashion it vpon a pie-plate, & drie it in an oven with a chafindish of coales, vntill it bee thorough drie, and then if it please you, you may spot them with gold.

To make Past of Violets.

YOu must take of your Violetes, which are ready picked & bruise thē in an Alabaster or marble morter, & wring the iuyce from them into a porringer, and put as much hard

hard Sugar in fine powder as that iuyce will cover, drie it, and then powder it againe, and then take as much Gum-tragacant steeped in rose-water, as will bring this sugar into a perfect past, when it is perfect, take it vpp, and print it with your moulds, and so drie it in your stoue, and not by the fire for fear of danger, and when it is drie, guilde it. It is a fine banqueting conceit.

To make past of Goose-beries.

TAke of your goose-beries, & cut them one by one, and wring the iuyce from them, till you haue gotten so much as you think will serue your turne, boyle your iuyce a little, that it may bee thicker, then take as much double refined sugar, as your iuyce will sharpen, and dry it as you did for your Violets, and being drie, beate it very fine and take as much Gumme tragacant steeped in Redde rose water, as

as wil ſerue, and beat it into perfect paſt in an Alabaſter morter, and then take it vp, and print it with your moulds, vſing it in every reſpect as your paſt of Violets: This is excellent good for one that hath a weake ſtomacke.

Here

Here beginneth Banqueting conceits, as marmalades, Quodiniacks, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Muske sugar beaten and searsed, then take Gum-tragacant, steeped in Rose-water, and two graines of Muske, & so beat them in an Alabaster morter, till it com to perfect past, then driue it very thinne with a rowling pinn, and then cut it into smal peeces like diamonds, som cut with

with a rowle spoone on the sides: being thus cut, stoue them, and so keepe them all the yeare.

To make Diacitonium simplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, & boyle a pound of these peeces in a quart of fayre water, till they bee very soft: then let the liquor run from them, then take a pound of Sugarcandy, and beat it fine, & put it into that liquor, and let it seeth till you see it stand like gelly, then take it from the fire, and put therein foure droppes of oyle of Cynamō and nutmegs, and then put in fiue and twenty leaues of fine gold, & stirre it together and so put it in fine Christall Glasses, and keepe it all the yeare.

To make fine Chrystall Gelly.

TAke a knuckle of veale, and 4 Calues feet, and set them on the fire with a gallon of faire water. & when the flesh is boyled tender, take it out, then let the liquor stand still vntill it be cold, thē take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified sugar, foure or fiue drops of oile of Cynamon and Nutmegs, a graine of muske, and so let it boil a quarter of an howre leasurely on the fire, then let it run through a gelly bagge into a bason with the whites of two egges beaten, and when it is cold, you may cut it into lumpes with a spoone, and so serue three or foure lumpes vpon a plate.

To make white leach of creame.

TAke a pint of ſweet creame, and ſixe ſpoonefulles of Roſe water and two graines of muske, 2 drops of oyle of mace, or one peece of large mace, and ſo let it boyle with foure ounces of Iſinglaſſe: then let it runne downe through a gelly bagge, when it is cold, ſlice it like brawne, and ſo ſerue it out, this is the beſt way to make leach.

To make a Walnut that whē *you cracke it, you ſhall find Biſkets and Carrawayes in it, or a pritty poeſie written.*

TAke a peece of your paſt royall white, being beaten with Gumtragacant, and mixed with a little fine ſearſed Cynamon, which will bring your paſt into a walnut

shell colour, then driue it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould and the other into the other, then put what you please into the nut, & close the mould together, and so make three or foure walnuts.

To make Quodiniacke of plums.

TAke two pound of plummes, & put them into a posnet with a pound and a halfe of brasill suger clarified with a pint of faire water, & let it boyle till the plums breake, then take it off & let your liquid substance run through a strainer, & then put it again into the posnet, & so let it boyle till it com to his thicknes, and then print it with your moulds on what fashiō you please.

To make Biskatello.

TAke two ounces of very fine suger, beaten and searsed, and put into

into it halfe a ſpoonful of Amidū, That is, white ſtarch, a graine of Muske, then beate it into perfect paſt with Gum tragacant ſteeped in Roſe water, then make it into litle prety loaues, the faſhion of manchets, and ſo put a wafer in the bottom of every one of them, and bake them in a bakingpan, but take heede your pan bee not hote, and ſo ſpecke them with gold, and ſo boxe them. It is a very fine banqueting conceit.

To make a ſpeciall ſweete water to perfume clothes in the fould.ng, being waſh.d.

TAke a quart of Damaske roſe watet, & put it into a glaſſe, put vnto it a handfull of Lavender flowers, two ounces of Orris, a dram of muſk the weight of foure pence of amber greeſe, as much ciuet, foure drops of oyle of cloues, ſtop this cloſe and ſet it in the Sun

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinckle your clothes therwith in your folding, the dregs left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh rose water to it.

To make mosse powder.

TAke two pound of Mosse, of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of damaske Rose water foure and twentie howres, then take it out and drie it in an oven vpon a sives bottome, & beat it to powder, put vnto it an ounce of lignū aloes, beaten and searsed, two ounces of Orris, a dramme of musk, half a dram of amber greece, a quarter of a dram of civet, put all these into a hote morter & pestell, and beat them together, then searse them

them through a course hairē searse, and put it into a bagge, and lay it amongst your clothes.

To make Aromaticum Lozenges.

TAke of fine sugar, half a pound, boile it with red rose water, vntil it come to the height of Lozenges, & in the cooling, put in of the spices of Aromaticum rosarum, 4. drams, with a little Confectio Alchermes, & so make them into Lozenges, guilding them first, & then cut thē square with a knife for that purpose, & when you guild them, if your guilding will not sticke on, wet them gently with a little rose water, but not too much in any case.

To make a Marchpane, royce it, and garnish it after the Art of Comfit-making.

TAke two pound of smal almōds blanched, & beatē into perfect

Past, with a pound of sugar finely searsed, putting in now and then a spooneful or two of Rose water, to keepe it from oyling, and when it is beaten to perfect past, rowle it thin and cut it round by a charger, then set an edge on it, as you do on a tart, then drie it in an oven, or a baking pann, then yce it with rose water and sugar, made as thicke as batter for fritters when it is ysed, garnish it with conceires, & sticke long comfits in it, and so guild it & serue it.

To make all sortes of banqueting conceits of March-pane stuffe, some like pyes, birds, baskets, and such like, & some to print with molds.

TAke a pound of Almond past, made for the March-pane, and drie it on a Chasingdish of coales, till you see it wax white, than you may print some with moulds

moulds, and make som with hands, and so guild them, then stoue them and you may keepe them all the yeare. They be excellent good to pleasé children.

To make all kind of birds and beastes to stand on their legs in cast worke.

TAke Barbary sugar, clarifie it, & boyle it to the height of Manus Christi, then poure it into your mouldes, they being seasoned as for your Quodiniacke: let thé stand a quarter of an houre and they will be colde, and then you may take them out and guild them.

To cast all manner of fruitage hollow in turned worke, and put them in their colours, as Orenges, Lymonds and such like.

TAke your sugar, being boiled to the height of Manus Christi & put

put it into your Alabaſter moulds, being made of three peeces turn it round about in your hand, while it is hote, and when it is cold, take it out, and put them in their naturall colours.

To make Prince bisket bread.

TAke a poũd of very fine flower, as much ſugar throughly ſearſed one ounce of anniſeedes cleane pickt, take eight eggs, and a ſpoonfull of Muskadine, and beat all into batter as thicke as for fritters, beate it thus in a bowl one howre, then put it into your coffins of plate, or frames of wood, and ſet it in an oven, & let it remain there one howre, you may ſlice ſome of them, when they bee a day old, & drie them againe vpon a hurdle of wicker, you may alſo take one of your loaues, and waſh it over with the yolke of an egge beaten with a little Roſewater, and while it is greene, caſt biskets and carawaies on

on it, and a litle white Candy, & it will shew as if it did haile on it, thé spot it with gold, & giue to whom you please.

To make the vsuall Bisket solde at Comfitmakers.

TAke a pecke of flower, and foure ounces of coriander seede, one ounce of Anniseed, take three egs, three spoonfuls of ale-yest, and as much warme water as will make it as thick as past for manchets, make it in a long rowle, and bake it in an Oven one howre, & when it is a day old pare it, and slice it, suger it with searsed sugar and put it again into the ouen, and when it is drie, take it out, and new sugar it again, and so boxe it and keepe it.

To

To make an especiall sweet powder for sweet bags.

TAke of the purest Orris one pound of red and damaske rose leaues of each two ounces, of Cloues three drams, coriander seed one dram Cipruś and Calamus of each halfe an ounce, Benzoin and Storax, of each three drams, beate them all saue the Benzoin and the Storax, and powder them by them selues and mixe it with the rest of the powder, then take of Muske & Ciuet, of each twenty graines, amber greece ten graines, mixe these with a little of the foresaide powder with a warme pestle, and so by little and little you may mixe it with all the rest, and so with Rose leaues dried you may put it vp into your sweet bags, and so keep them seaven yeares.

To

To make an excellent Marmalate which was given to Queen Mary for a New-yeeres gift.

TAke a pound & a halfe of ſuger, boyle it with a pint of faire water, till it come to the height of manus Chriſti, then take three or four ſmall Quinces, one good Orenge pill, both very well preſerved, and finely beaten, & three ounces of almonds blanched, & beaten by thẽſelues. Eringus roots preſerved, 2. ounces and a halfe, ſtir theſe with the ſuger till it will not ſticke, and then at the laſt put in of Muske, & Amber diſſolved in roſe water, of each 4 graines, of Cinamon, Ginger, Cloues & Mace, of each three drams, of oyle of Cinamon two drops, this being done, put it into your Marmelate boxes, and ſo preſent it to whome you pleaſe.

To

To make another sort of Marmelate very comfortable and restorative for any Lord or Lady whatsoever.

TAke of the purest green ginger sixe drammes, of Eringus & Saterion roots of each an ounce and a halfe, beat these very finely, and draw them with a silver spoone thorow a haire searse, take of nut kirnells and almonds blanched, of each an ounce, Cockes stones halfe an ounce, all steeped in hony 12. howres, and then boyled in milk, and beaten and mixed with the rest, then pouder the seedes of red nettles, of rocket of each one dram, Plantane seeds halfe a dramme, of the belly and backe of a fish called *Scincus marinus* three drams, of Diasaterion foure ounces, of Cantarides adde a dramme, beate these very finely, and with the other pouder mixe it, and so with a pound

pound of fine ſugar diſſolved in roſe water, and boyled to ſugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſixe leaues, of pearle prepared two drammes, oyle of Cynamon 6 drops, and being thus done & well dryed put it vp in your Marmelate boxes and guild it, and ſo vſe it at your pleaſure.

To make a blaunch for any Ladies face.

TAke of white Tarter 2. drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure eggs, iuyce of two Lymonds, oyle of tarter 4. ounces, Plantane water as much, whit Mercury a penyworth, bitter almonds 2 ounces, all muſt bee powred and mixed with the oyle and water, and then boyled vpon a gentle fire, & ſtraine it, and ſo keepe it: the partie muſt rub her face with a ſcarlet cloth, & then

then over night wash her with it, & in the morning wash it off with brā and white wine.

To make printed Quodiniackes of Quinces a ruby colour.

TAke two pound of Quinces, pared, and cut in small peeces, and put them into a posnet with 2 pints of faire water, and so let thē boyle till they be tender, then put into them a pound of sugar, and let it boyle till the fruit fall to the bottom of the pan, let the liquor runne through a strayner into a bason, & put it into a faire posnet, and let it boyle till it come to his colour & thicknes, then print it with your moulds, you shall know when it is ready to print, by rowling a litle vpon the backe of a spoon, & if you see it will stand and not run down print it, in like sort you may make your Quodiniacke of Pippins, your pippins will hold all the yeare.

To

To make Quodiniacks of Raſpiſes or Engliſh Coriants.

TAke Raſpiſes ripe and well coloured, and put them in a diſh, & put to them 4. ſpoonfuls of roſe water, and mixe thē together with the backe of a ſpoone, then wring the liquid ſubſtance through a linnen cloth, ſeaſon it by your mouth with ſuger till it be ſweete inough, then boyle it on a chafindiſh of coales in a diſh, till it be ready to print, then print it in your mouldes and boxe it, and ſo keepe them.

Here endeth the conceits of Banqueting.

Your moulds muſt lie in water one night before you vſe them; and an howre before you print with them, take them out of the water.

CORDIALL Waters.

Aqua Celestis.

TAke of Cynamon 6. ounces, Cloues one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drammes, Calamus roots one dramme, all bruſen and kept in a paper, th ẽ take of bettony & ſage flowers of ech a handfull, Mariorã, Penneryall, of each halfe a handfull bruiſed likewiſe: then take of theſe powders, of Aromaticum Roſa-

Rosarum three drams, Diambræ Diamargariton frigidum, Diamoscum dulce, of each a dram & a half, you must put all these into a gallon of spirit of wine and steepe them three dayes and three nights, shaking them wel every day, and then distil it your in Limbeck, and whē it is distilled, you must hang half an ounce of yellow Sanders, & twenty graines of muske, & amber in it.

To make Cynamon water.

TAke one pound of the best Cynamō you can get, bruise it wel, and put it into a gallon of the best sacke, & infuse it three dayes and three nights, and then distill it as your Aqua cœlestis.

To make Doctor Stevens water.

TAke of rose leaus one dram, borage, bugloſſe, violets & rosina-

rie flowers, of ech a dram & a half, Spignard a dramme, cinamon two ounces, Ginger one ounce, cloues & nutmegs of each half an ounce, Cardamons a dram & a half, Gallingale two drams, Cubebs a drā, pepper 3. drams, Aniseeds, Carraway seeds, and Fennell, of each an ounce. Lignum alloes half a dram, Corall and Pearle in fine powder of each one dram, bruise these, & put them in a pottle of Aqua vitæ, & a quart of Sacke, vsing it in every respect as your Aqua Cælestis.

To make Baume water.

TAke Baume, drie three ounces, time, peneryal, of ech an ounce, Cynamon foure ounces, a dramme of Cardomons, Graines halfe an ounce, sweet fennel seeds an ounce, nutmegs & Ginger, of ech a dram, Galingale one ounce, Caliamus & Cyprus, Cubebs and Pepper, of each two drams, of Caper rootes halfe

halfe a dram, of diptamus one dram, bruiſe theſe things & put them to a pottle of ſacke, and ſteepe them 24 hewres, and then vſe it as the former waters.

Angelica water.

TAke Cardus drie a handful, Angelica rootes three ounces, of Mirh one dram, Nutmegs halfe an ounce, cynamon, ginger, of each 4 ounces, ſaffron one dram & a half, Cardamons, Cubebs, Galingale & pepper, of ech a quarter of an oũce, mace two drams, grains one dram, Lignum Aloes, Spicknard, Iuncus odoratus of e ach a dram, Sage, Borage, Bugloſſe, Violets, and Roſemary flowers, of each halfe a hãdfull: bruiſe theſe, and ſteepe them in a pottle of ſacke 12. howres, and diſtill it as the reſt.

Roſa Solis.

TAke Liquoriſh 8. ounces, Anniſeed, caraway, of each an ounce, rayſons ſtoned, Dates of each three ounces, nutmegs, ginger, cynamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces, bruise these & distill it with a gallon of Aqua vitæ as the rest, but when it is distilled, you must colour it with the hearbe Rosa solis, or else Alkanet root.

Wormewood-water.

TAke of wormwood two ounces and a halfe, Sage, Betony, and Rue, of each halfe a handfull, Rosemary tops a handfull, Cinamon 3. ounces, Nutmegs halfe an ounce, Cloues and mace of each halfe a dram, Ginger an ounce, Gallingal, Cubebs, and Spicknard, of each a dram and a halfe, of Scordium halfe a handfull, bruise these, and put them into a pottle of Sacke, & a pint of Aqua vitæ, and steep them foure and wenty howres, and distill them as the rest.

Here

¶ Here beginneth Conserues.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender, then pare them and cut them to the coare, then draw the pulpe, that is the Quince through a hair searse, & weigh it, to every pound of pulp, take a poũd of clarified sugar, and boile them together till they come to a perfect colour, putting to them in the boyling a little oyle of Cynamon, and when it is boyled inough, that it will not sticke to the pan, put it into your marmalade boxes. But your conserue must not bee boyled

so high in any case, for then it will not be so good.

To make conserue of red & damaske Roses.

TAke of the purest and best coloured buds you can get, & clip off the whites from them, and to every pound of leaues you must take three pound of Barbarie sugar and beat them together, till they be very fine, and then with a wodden spatter take it vp, & set it on the fire till it bee through hote, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your violet flowers, & picke off all the blew flowers, & keepe them & weigh them, & take to every ounce of flowers 3. ounces of refined sugar, & beate them in an alablaster morter, till they be very fine, & then take them vp, and put them into an earthen pipkin, & set

set them vpon the fire vntill such time as they be through hote, and then take them off, and put them vp and keepe them.

To make pectoral rowles for the Cough.

TAke liquoriſh powder finely searſed one ounce, of the ſpices of Diatragacanthum frigidum two drams, of Gum-arabecke, & Tragacant in fine powder, of each a dram, white ſtarch halfe a dram, Aniſeedes in fine pouder one ounce mingle with the reſt, then take of ſugar ſixe ounces, of Pennits an ounce and halfe, Sugar-candy one ounce powdered & mingled with the former powder, then take gum tragacant ſteeped in Roſe-water, and beat it into paſt, and ſo make it into long rowles, and ſo drie them and keepe them.

To make Conſerue of Borage flowers.

FAke of your Borage flowers wel colored, & picke the blacks from them,

them, then weigh them, to every ounce of flowers, you must take 3 ounces of sugar, and beat them together in an alabaster morter with a wodden pestle vntil they be very fine, so that you cannot discern any sugar in lumps, then take them out and put the conserue into a pipkin, and heat it through hote, & having thus done, put them vp, & keepe them all the yeare.

To make Conserue of Rosemary flowers.

TAke your Rosemary flowers, fresh and good, and picke them from the green tuske, weigh them, and take to every ounce of flowers three ounces of Sugar Candy, and beat them very fine, vsing thē in every respect as you did your other conserues.

To make Conserue of Bugloſſe flowers.

TAke your bugloſſe flowers, and picke thē as you did your borage flowers

flowers, and then weigh them, and to every ounce of flowers, you must take 2. ounces of hard sugar, and an ounce of Sugar Candy, and beate them together till they bee exceeding fine. & then set them on the fire to dissolue the sugar & when it is dissolved, & the conserue hot, put it vp, & keepe it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of storax halfe a dram, of Lignum aloes in fine powder half a scruple, of Labdamum halfe an ounce, powder all these very fine, and searse them through laune & then take of muske a dram Amber greese ten grains, Civet ten grains, and dissolue them in a hote morter with a little rose water, & so make them into a pomander putting into it sixe graines of Civet.

To

To make Conserue of Barberies.

TAke of your Barberies, which are very red and ripe, & picke them from the stalks, & then wash thē, and put vnto them a prety deal of faire water, and set them on the fire in an earthen pan, and so scalde them, & being throughly scalded, pulpe them through a fine searce, and to every pound of pulpe, take a pound of powder sugar, & boile them till it be inough, that is, till it will cut like marmelade.

To make Conserue of Cichorie flowers

TAke of your Cichory flower new gathered, for if you let thē lie but one howre or two at the most, they will loose their colour and doe you very little service, therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined sugar, and beat them together in a morter of Alabaster, and a woodden pestle vntill such time

time as they be throughly beaten, for the better the flowers and sugar be beaten, the better will your Conserue bee, let this alwayes bee for a generall rule, and being very well brayed, you must take them vp, and put it into a chafer cleane scoured, and set it on the fire, till it be throughly hote, and then take it off, and put it vp, and keepe it al the yeare.

To keep Cowcombers in pickle all the yeare.

TAke 4. gallons of conduit water, and put vnto it three quarts of bay salt, two handfuls of Sage, one handfull of sweete Marioram, and foure handfuls of Dill, let these boyle till it come to 3 gallons, and then take it off & when it is almost cold, put in a hundreth of Cowcũbers into that liquor, into a butter barrel, & keep thẽ all the year, but look that alwaies the herbs lie vpõ them

them, & thus done, it wilbe a most excellent sallet with oyle, vineger, and pepper.

An exceeding fine pill vsed for the Gowte.

TAke of Aloes 2. ounces, mastick three drammes, Agricke half an ounce, Ginger halfe a dramme, let these be poudered very fine, then take of the extraction of Rubarbe three drams, & with white wine let them bee incorporated into a masse of pills, adding vnto them a drop of oyle of cloues, & as much of Nutmegs.

A medicine for the Gowte.

TAke of the slippes of stars to the number of 4. and then take to every slip foure snailes, and put thē into an earthen pot, and sprinkle foure or fiue handfuls of salt vpon them,

them, and then put to them Sage, Rue, wormwood and Hyſoppe, of each foure handfuls, and ſo diſtill them, and when you haue diſtilled them put to them a quart of wine Vineger, wherin an ounce of whit Mercury is diſſolved, and ſo bath the place infected with the goute, and it will eaſe them preſently.

To make ſyrupe of Pomcitrons.

TAke of Pomcitrons, & cut them in halfes, & iuyce them, but beware you wring them not to hard, leaſt it be ſlimie, and then take to every pint of iuyce three quarters of a pound of refined ſugar, & boile it in an earthen pipkin, till it come to the height of a ſyrupe, & take heed in any caſe that you boile it not on too hote a fire, leaſt it burn, and then when it is boyled inough put it vp, and keepe it all the yeare.

To make Syrupe of Violetes.

TAke your Violets, & picke the flowers, and weigh them, & the put them into a quart of water, and steepe them vpon hote embers, vntill such time as the flowers be turned white, and the water as blew as any violet, then take to that quart of infusion, and take 4 pound of clarified sugar, and boyle it till it com to a syrupe, scumming them and boyling them vppon a gentle fire. least it turne his colour, and being boyled put the Syrup vp, & keepe it.

To make Syrupe of Liquorish.

TAke your liquorish 8. ounces, & scrape it very cleane, & bruise it very well and mayden haire one ounce, Annyseed, and Fennel seed of each halfe an ounce, steep these in foure pintes of raine water halfe a day, & then boyle it to a quart

quart, then take a pound & a halfe of clarified ſuger, & boile it with that liquor, till it come to a ſyrupe, and then put it vp, and keepe it.

To make ſyrupe of Hore-hound.

TAke of Hore-hound two handfuls, of Colts foot a handfull, of time, peneriall, and Calamint of each two drams, of liquoriſh one ounce and a halfe, of figs and rayſons of the ſunne of each two ounces, Pyony kernels a quarter of an ounce, Aniſeeds, and Fennel ſeeds of each a quarter of an onnce, boile theſe in a gallon of faire water, till it come to a pottell or three pints, and then ſtraine it, and take three pound of ſugar, and three eggs, and clarifie that liquor, and ſo boyle it to a ſyrupe, and ſo keepe it all the yeare.

To make Syrupe of Mayden-haire.

TAke of Mayden haire 6 ounces, of Liquorish one ounce scraped and sliced, steepe these foure and twenty howres in foure pintes of conduit water, and then boill them to a quart, and then take 2. pound of clarified Suger, & boile it with that liquor vpon a gentle fire vpon charcoales, vntill it come to a Syrupe, scumming it very often, that it may be the clearer, for the clearer it is, the better it is, and being boyled inough, put it vp.

To make Syrupe of Hysope.

TAke of Hysope one handfull, of Figs, Raysins, Dates, of each an ounce, of Calamint half a handful, of French barley one ounce boyle these in three pints of water to a quart, and then straine it, and then clari-

clarifie it with the whites of 2 egs, and two pound of ſugar, and ſo boyle them to a Syrupe, and being boiled enough, keepe them all the yeare.

To keepe Cheries al the yeare to haue them at Chriſtmas.

TAke of your faireſt cheries you can get, but be ſure that they be not bruiſed, and take them, & rubb them with a linnen cloth, and put them into a barrell of hay, and lay thē in ranks, firſt laying hay in the bottom, and then Cheries, & then hay againe, and then ſtop them vp cloſe that no ayre may come neare them, and lay them vnder a fether-bed where one lyeth continually, for the warmer they are, the better, yet neere no fire, and thus doing, you may haue cheries at any time of the yeare.

To make Syrupe of Mulberies.

TAke your Mulberies which are very ripe presse out the iuyce from them through a linnen cloth between two sticks, and then to every pint of iuyce, take a pound of suger, and boyle it to the height of a Syrup, and then keepe it all the yeare long, and if it wax any thing thinner, a moneth after you put it vp, boyle it againe, and then put it vp.

To make Syrupe of Lymonds.

TAke your Lymonds, & cut them in halfes, & betwixt your fingers iuyce them, and the liquor that runnes from them will bee very clear, then take to a pint of iuice, a pound and a quarter of hard sugar, which is very white, & boyle it to a Syrupe, and it will keepe excellent well.

in this liquor, and so bath your kidneis, and as soon as one of the bals is hote with doing of them, take tha other, and so vse it an houre every morning.

A medicine for the Stone.

TAke Pellitory of the wall, Smaladge, Holihockes, Mallowes, Tansie, & Saxifrage, of eaeh a hãdfull, chop them small, & quilt them in a little linnen bag, then take 3. pints of cream, half a pint of malmsey, a quarter of a pint of running water, and set them on the fire and when it doth seeth, then put in the bag of herbs into the pot, & when the bag is throughly hote, wring it between two trenchers over the pot to saue the lipuor, then lay the bag to the griefe, as hote as you may suffer it, and as soone as it cooleth, make it hote againe in the same liquor, and so apply it to the griefe.

For

For the wormes.

TAke a handfull of Basil mints, a handfull of Lavender, Cotten, as much of wormewoode. Peach leaus as much, Fetherfue a handful, of vnset leekes a handfull, & boyle them together in three spoonfulls of wine Vineger, and of his owne water as much, & quilt them in a bag, & so lay it warm between his Navell and his stomacke.

To heal a sore breast that comes with the infection of the milke.

TAke mallowes and saffron, and seeth them in milke, & when it hath sodden a good while, put in some crummes of léaven breade, and boyle them well together, and a little before you take it vp, put some Sallet oyle into it, you must let it boyle til it comes to a Poultis, and so lay it warme

to

warme to your breast, and if you perceiue that this wil not help your breast without it bee broke, you must rost a Lillie root, and lay it to your breast, where you will haue it breake, & when it is broken, you must tent it with leaven & milke sodden thicke together, and make a plaster thereof, and lay it to the place where it is broken. you must dresse it twise a day, laying the Poultis all about your breast, saving the place that the plaster lyes on, you must dresse it both with new poultis, & a new plaster twice every day, vntil it begineth to heale & then once a day is sufficient.

To stench bleeding at the nose.

TAke Bolerminacke, & the white of an egge, and vineger, & beate them together, and make Plaisters thereof, and lay them to your temples.

To

To stench bleeding of a wound.

TAke of vnset Hysop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the hysope, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke hogs dung hote from the Hogge with Sugar, and lay it to the wound.

For the weakenesse in the backe.

TAke Clarie and dates, & the pith of an oxe, & chop thē together, & then put them to your creame and eggs, and grated bread, and frie them together, & straw sugar on it, and eate it in the morning fasting,

sting and you mnst put some white Saunders in it also when you temper it together.

Fo the wormes.

TAke Mares milke, and drinke it as hote as you can haue it from the mare, in the morning fasting.

To know whether a Child hath the wormes or no.

TAke a peece of white leather, & pecke it full of holes with your knife, & rub it with wormewood, and spread hony on it, and strawe the powder of Alesackatrina, and lay it on the Childs navell, when he goeth to bed, and if he haue the wormes, the plaster will sticke fast. and if he hath them not, it will fall off.

For one that is bruſed with a fall.

TAke ſtone pitch, and beat it, & drinke it with white wine, or Sacke, or Malmeſey, and if you haue none, then take ſome other liquor, then melt Parmacitie, and annoint the place where the bruiſe is.

For the wind Collicke.

TAke Parſley ſeed, & bruiſe them and ſeeth them in Sacke, and drinke it warme when you haue your paine.

For the Gout that is newly come.

TAke Rubarb, and grate it, and mingle it with conſerue of red Roſes, and eate thereof every morning faſting a prety quantity.

A

A water to wash a sore.

TAke of Plantane, & Woodbind leaues, and white roses, & still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lie in the water continually.

For the shrinking of the sinewes.

TAke the marrow of a horse bone, and the crops of Elders, & as much of Sage, and choppe them together, and boile them in the marrow, and then straine out the hearbs, and put to the liquor, one spoonefull of hony, two spoonfuls of Aqua composita, and a quantity of Pepper, and boile it againe, and keepe it for your vse.

For the Pyles.

TAke a quantity of Ragwort, & a quantity of ground Ivie, and

the marrow of the hinder leg of a Bullocke, & beate the marrow and the herbs together, & boyle them on a soft fire, and straine them, and keepe it for your vse.

A salue to take dead flesh out of a sore

TAke a spoonfull of Vineger, & a spoonefull of hony, and a quantity of Verdigrease, and as much Allom, and boyle all these together, and keepe it for your vse.

For the slaying of the Fluxe.

TAke a new laid egge, & take of a little of the toppe of it, and poure out a little of the white, and fill vp the egge with aqua composita, and stirre it together, and rost it, and suppe vppe the egge in the morning fasting, till you bee well vse this.

Ano-

Another for the same.

MAke Rise pottage with Almōd milke, you must not blaunch the Almonds, and make little bals of Virgins wax, make them lesse then Pease, and when you doe eate of the pottage, take three or foure of the Balls, and put them in every spoonefull, as you doe eate it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua composita, and take two handfuls of Henbane and breake it, and put it into it, and set the pot in the earth all the month of may, and it will come to an oyle, and at the end of May, you must take it vp, and keepe it for your vse, you must cover the pot very close when you set it in the ground, and when you anoint the griefe therewith, you must doe it against the fire.

For the Pyles.

TAke Martilmasse beefe, & drie it, and beate it to powder, and then put it into a chafindish of coals and set it in a chaire, and sit over it.

For an Ague.

IF it be for a child, take 2. spoonefuls of good ale, and seeth it, and scum it, & one spoonefull of the syrupe of roses, & let him drinke it luke-warme: if for an old body, thē take three spoonefuls of good ale, and two spoonfuls of the Syrup of roses.

To make a fresh Cheese.

TAke a quantity of new milke, & set it on the fire, and let it boil, and take half a dozen yolks of egs, and beat them, and stirre them in the milke on the fire, thē take it off the fire, and keepe it stirred vntill it bee

be luke warme, & then put runnet into it, and ſtirre it, and let it ſtand vntill it be gathered together, and take vp the curd, and put into it Cinamon and Ginger, and ſtirre it about, and make diſhes of it, as you thinke good.

A medicine for a peſtilent Ague, or to driue any thing from the heart.

MAke a poſſet with white wine, & take away the curd, & take horſe dung of a ſtone horſe, as hote as you can get it from the horſe, & ſtraine it with the poſſet drinke, & put a little Methridate, and Cardus Benedictus water, and Vnicornes Horne, and if you haue no Vnicorns horne, then put Ivorie or Sea-horſe tooth, & giue it to the ſicke to drinke faſting in the morning, warming it, and you muſt put the Vnicornes horne into the Spoone, and take it with ſome of the Poſſet Drinke,

and so drinke the posset presently after it, and vse this two or three mornings.

A medicine for the sore-esse in the throat that commeth with the Rhume.

TAke halfe a pint of hony-suckle water, and two Iewes eares, of Plantane, & Sinckfield half a hádfull, and a few columbine leaues, these must be sodde with as much white Sugar-candy, as will bring the liquor to a syrupe, you must put in a little Howell, Cynamon, and so take it in the morning, and in the evening, and at such times as your throat is drie.

Another for the falling of the Evalow, or other paine in the throat.

TAke a handfull of redd Sage, a spoonfull of Dil seed, a peece of leaven

leuen, boyle these in a little new milke vntill it be thicke, then lay it on foure fine clothes, & lay one cloth to the nape of the necke, and another to the throat, and to each temple one, and bind the clothes, & doe this as often as need shall require, for it hath beene proued.

A salue for a greene wound.

TAke a pound of Rosin, halfe a pound of wax, foure ounces of old Swines grease, one ounce of Verdigrease, boyle them altogether vpon a soft fire, & strain them.

A water to heale all sores in legs and Vlcers.

TAke a pound of roch Allom, 4. ounces of greene Coperas, beat them somewhat small, & put them in a pan on the fire, ever stirring the vntill they be molten, and dryed again

gaine ready to be powdred, & beat them againe in fine powder, and keepe them to your vse. When you will make your water, set a pottle of faire conduit water over the fire, vntill it boyleth fast, then take it away, and as soon as it leaveth, boyling, cast abroad your powder vpon the water, the which will make it to boyle, as long as your water riseth, so long cast your water in, and when it leaveth rising, and is blacke in the bottom, then it is perfect: then if you see a daungerous sore leg, first cast you powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in the water, and rowle it vp, doe so till the vlcer be cleane.

A very good water for a sore mouth.

TAke of conduit water a pint, one handful of hyssope, of whit wine & of Almonds a pound, of Roses three ounces, seeth thē altogether till

till the hearbs be tender, then take it from the fire, and ſtrain it. and keepe it for your vſe, you muſt alwayes waſh your mouth and rubbe it after meate, and in the morning.

A taſtike to breake any ſwelling that is ready to breake.

TAke Commine, Hyſope, and of quicke lime a quantity, bray them together in a morter, till it be very fine: when you would open an impoſtume, lay it as big as an hayſell nut vpon the next place, and bind it very hard, and let it remain there foure howres, then take it off for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaſter.

TAke of Litrage of gold powdred very fine, cõmõ oil, hogs greaſe a pound

a pound, white Coperas four ounces and put them all together in a brasen pan, and seeth it over a very soft fire of coales, & trie it continually vntill it come to a body, & in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonfull, and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, & then make it vp.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound, seeth them both together a quarter of an howre and then take it off, & strain it, if it be too thinne, put in a little waxe.

Basilicon.

TAke pitch rosin, waxe, sheepes suet, common oyle, a like quá-

tity

titie beat these small, and put them in a brasen pan, & melte them all together, thē take them off the fire and straine them through a course linnen cloth, for the pitch will not be molten, this is good for al manner of soares, and when you wil put in a tent, mixe it with the yolke of an egge.

Maturacum poultnis.

TAke onyons, garlicke, dow, lillie rootes a like quantity, roste them all in a wet cloth vnder ashes, & then put them in a morter, and beat them small, this is good for all impostumes to breake them out.

A medicine to heale old fores.

TAke Plantan, bramble tops, Orpin, Betony, Egrimony, of each one handfull, straine them, and put thereto Rosin, and waxe, of each a quarter of a pound, fresh hogsgreace & sheep suet, of each foure ounces, boyle

boyle them altogether, till the iuice be confirmed then ſtrain it & keep it to rayſe fleſh, and heale old ſores.

A plaſter to heale old ſores, after they be made cleane, and filled with fleſh.

TAke ſallet oyle halfe a pint, lead a quarter of a pound, boyl theſe vntill they be blacke, & keep them for your vſe.

To cleanſe a ſore, and take away the dead fleſh.

TAke Woodbind flowers, white Roſes, Plantane, & ſtil them together, and when it is ſtilled, take ſixe penyworth of Camphire, and put it into a quart of the water and ſet it in the ſunne for ten or twelue dayes, and ſo waſh the ſore withal.

A medicine for a sore throat.

TAke a pint of milke, halfa hãdfull of Collumbine leaues, halfe a handfull of Gasell, and halfe a score leaues of Sinkfield, 2. Ievves eares, and so the partie must vse it evening and morning, & gargase it in his throat.

A medicine that wil beale any woũd or sore, and keepeth it without proud flesh, or dead flesh.

TAke halfe a pound of waxe, a quarter of a pound of Sheepes suet, a quarter of a pound of Rosin, and a quarter of a pound of Turpentine, halfe a pint of sallet oyle, 2 handfull of Bugle which groweth in the wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grounsell, and a handfull of Balme, stampe and straine the herbs

hearbs, and put the iuyce into the foresaid things, being a while boiled, then seeth thē together a quarter of an houre, then take it frō the fire, and let it stand till it bee cold, then take away the Smallage from the bottom, then take some of your Balme-water, & put into it so much as will make it green, and let it boil together a half quarter of an houre and so take it to your vse.

A Glister.

TAke Camamile, Betonie, Dill, Pellitorie of the wall, Hysope, Rue, of each a handfull, boyle these in the broth of a sheepes head, til the broth bee very slippery, then take a pint of the broth strained, and put two of the pilles of Diabes for each a crown waight, and a halfe, Diacatholice, Diaphenicon, of each halfe an ounce, oyle of Camomile, oyle of Dill, of each an ounce, a little salt, and a Glister:

ster: if you will haue it break wind, put into the aforesaid Commune seede, Fennel seed, Anniseeds, of each bruised, two good handfulls, and boyle all together, and straine it, and make it as aforesaid, and put in the Glister.

To take away the heat of a burne, or out of a Scald.

TAke egs and rost them hard as a stone, then take out the yolks of them, then take a frying pan and put in the yolkes of the hard egges, & so let it frie til it come to an oile, then straine it, & annoint the burn withall, then take a bladder, and annoint it with sallet oyle, & lay it to the burne.

To make another Glister.

TAke running water & a handful of Carmon, a handfull of Mallowes, a handfull of wormwood, a

handfull of Mercury, an ounce, of Commine, two ounces of Fennell seedes, two ounces of Anniseedes, and beat all your seeds, & set your hearbs a boyling, and straine them.

A medicine for one that is broken.

TAke a quantity of Comfrie, a quantity of Knehome, a quantity of knotted grasse, a quantity of Ribervorum, & a quantity of Polipody, & stamp the altogether, and straine them in ale, & then giue the Patient the same to drinke colde, and trusse him vp with some bolster, and let his dyet be but competent, eschewing all slippery meats, as butter, and such like, provided alwaies, that the patient keepe his bed sixe or seven dayes, lying vpon his backe, and sometimes hold his belly with his hand.

To

To make a Poultis for swelling.

TAke the crome of manchet, and seeth it in milke, till it be thicke, then put in a peece of newe butter, about the quantity of a walnut, or somewhat more.

For the Rheume.

TAke a little quantity of Mastick, & as much of Pellitory of Spain cut in small peeces, sew them in a little bag of linnen cloth keep the bag in your mouth till the Pellitory and the masticke be consumed, and spit in the meane time as much as you can.

For the toothach and the rheume.

TAke a quantity of gum of Ivie, put it in a litle bag of linnen the wet yout bag in aqua vitæ, or vineger, & keep it in your mouth til the gum of Ivie be consumed, hold the

bag over or vpon the holow tooth.

A water for the eyes.

TAke a pint of white wine, then heat a stone called Lapis Calaminaris red hote nine or ten times in the fire, & quench it every time in the wine, the last time you quench your stone stirre it about in the wine, then keep your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and evening.

For the eyes.

TAke Rosemary, Housleeke, red Fennel, and rost an egge, and take out the yolke, beat these herbs together, and straine them.

For paine in the head.

TAke of the best salet oile you cã get, & the flowers of wild prim-

roses

roſes & put them into the oyle, & then ſet it on the fire, and let it boil halfe an houre very ſoftly, then put it in a glaſſe & ſet it in the ſunne 3 weekes, and then rub your temples evening and morning. E.C.

A Gargas for to purge the head.

TAke a pint and a halfe pinte of wine vineger, muſtard ſeedes, Ginger, cloues, nutmegs, pellitory roots, about the quantity of one ounce, when they are beaten, put it into the liquor, and ſtirre them together for the ſpace of a weeke, then gargas it every morning before you vſe the oyle, to your head.

For a pinne and webbe.

TAke the oile compacted of the bone of the gooſe wing, & rub it in the palm of your hand, that no ſhivers of the bone do ſtick in it, &

put it in with the point of a pin, for the bignesse of a pinnes head is inough at once.

For a swelling.

TAke barows grease, & Suthernwood and aqua vitæ, and boile it together, & when you haue boiled it, straine it in a panne.

For a bone-ach.

TAke two or three handfuls of Camamill, a quarter of a pound of sheepes suet chopt small, and a peece of stony pitch of the quantity of a walnut, and a peece of leuened bread in it, crumbed very smal, boyle it in your own water, vntil it be very thicke, that you may spread it vpon a cloth, like a plaster, and lay it on the place where the ach is for 24. howers, & so dresse it three times, if you doe, it will take away the ach.

A medicine to heale an old sore, or a new.

TAke a quarter of a pound of rosin, & melt it in a pan, til it haue left cracking, & then take halfe as much waxe, and a little turpentine and sheeps suet chopped small, and a spoonful of oile oliue, and boyle them all together, and when you haue done so, strain thē in a pale of water, and make it vp euen as you wil occupie it, & drawe your plasters thin, & dresse it three times a day, that is to say, at morning, noon & euening, till it be almost whole, thē dresse it but twice a day morning and euening, but if there bee any coare, that doth hinder the healing of it, take a little Mercury, & put it in two spoonfulles of water, and when the Mercurie is melted in the water, & congealed together take a feather & drop in two or three drops, and lay a plaster vppon the wound, and it will bring forth the core.

For an Andicome.

TAke halfe a dozen knottes of a yong Oke, and put them in a fire-pan, and burn thē to a red cole, & take Bores greaſe, & fine ſuet & two or three corns of ſalt & ſtamp them very fine, and ſo make a plaiſter of it, and if it do draw & heale too faſt, lay lint vnderneath the ſalue, and you muſt dreſſe it twice in the winter dayes, & thrice in the Summer dayes.

The Copy of Doctor Stephens water.

TAke a gallon of the beſt Gaſcoine wine, then take Ginger, Gallingall, Cynnamon, Nutmegs, Graines, Cloues, Aniſeeds, Fennel ſeeds, Caraway ſeeds, of every of them a dramme weight, then take wilde Time, Hyſope, Lavender, Sage, Mintes, Redde Roſes, Garden Time, Pellitorie of the wall,

wall, & rosemarie, of every of thē one good handfull, and bray the hearbs very small, and stamppe the spices altogether very small, put all together into the wine, and close it fast twelue howres and stirre it divers times, then still it in a limbecke, and keepe the first water for it is the best, and then keepe the second for it is good, but not so good as the first. E. C.

A dram weight of the seede of Colembyn, brused with halfe a peny weight of saffron, drunkē with wine, is good for the Ianders, thē go to bed, and provoke sweat: the flowers distilled, is good for the same purpose, & against swōdings.

Pympinell.

THis herb is good against the pestilence to be taken fasting in a morning, & good against the stone, the roots sodden condited in sugar, may

may profite them that haue colde stomacks, & are troubled with too much fleame, the collicke & stone. this roote any way taken, is good against poyson

Mouseare is hote and drie, some vse to giue the iuice of this cómon mouseare to hinder the colde of a quartā ague, some vse to gather the roots in May, & drie it, and giue it to them that be broken, it is good for the bloody flix, the great scouring of the Mother, for worms both outward and inward, common flixes, for vomiting of choller, and spitting of blound and bruising, and specially for breaking of the brain-pan.

The iuyce of Coste mary drunkē, killeth both small and great worms in the belly, it is good for a colde Mother it strēgthneth the stomack whether it be drunken or laid to, & stayeth vomiting, the hearb of his nature

nature, whether it be strawed, or else perfume be made thereof, driveth away serpents, and it is good against their poysons, and it helpeth and strengthneth the head.

To take out the heat of a burn.

TAke the fat of hoggs guts, and sheepes tirdles, and boile them, and put them in a pot, and this will heale the partie, and take out the fire, and it will keepe good a whole yeare, this hath been proved.

To take the heat out of the face.

Take running water & elder flowers Plantane, white Daisie roots and hearb Robert put them in the running water & wash your face morning and evening therewith.

A medicine for a canker in ones mouth, proved.

TAke running water, a handfull of woodbind leaues, a handfull of bramble leaues, a handfull of Collumbind leaues, a little Rosemary, and boyle them together vntill halfe the water be wasted, then put two or three spoonfuls of hony, and a peece of roch allom, three or foure spoonfuls of wine vineger, & wash your mouth with the sodden hearbs therof, three or four times every day.

The Diet d. inke.

FIrst buy a dyet-pot of the cõmon sort, such a one as will cost eight pence, or ten pence, then put into it halfe a pound of liquorish scraped and bruised, half a pound of Aniseeds bruised, three quarters of a pound of lignum vitæ bought at the

the Turners, & one ounce of the barke of the ſame woode, which is to be bought at the Apothecaries, halfe a pound of Rayſons of the ſunne, the ſtones taken out, a good handfull of Scabeas, an ounce of Chiny, two ounces of Salyprilla, a qnantity of white wine, then fil vp your pot with faire water, ſaving a pint, then cover your pot with his cover, and cloſe it round about the brimme with paſt, then ſet it on a ſoft fire of coales, and let it boyle 3 houres, vntill the fourth part bee waſted, then ſtraine it, and let it ſettle, and then put the cleareſt into bottles, and drinke it morning & evening a good draught, and ſo vſe foureteene or fifteene dayes.

If you put a litle of the wood in to the fire, and there frie out of it like oyle, then you ſhall bee ſure it is good.

For

For the head-ach.

TAke two hundfuls of verveine, Betony, Camomil roots Letcie, Checmete, of each sort two handfuls, dride roses, put them to powder of nutmegs, boile this in white wine, take out the hearbs then and frie them in oyle oliue, and straine them in a cloth, and make an oyntment thereof, & therwith annoint the head.

To make the rhume medicine.

TAke fiue quarts of Hysop water it must be stilled when the hysope beareth flowers, & one pound of English Liquorish cleane scraped, and cutte in little peeces, bruise them, and then put it to the water, and boyle them til halfe bee consumed away, then straine it in shallow pans, and set it in the sun, & stir it now & then, & sometimes set it over the fire, vntill you see

see it waxe blacke, but do not boile it, and it will waxe stiffe with standing in the Sunne, that you may make it in little cakes.

A salue for a cut.

TAke sixe ounces of Deere suet, foure ounces of wax, four ounces of Rosin and stamp and straine Velerian, & take the iuyce as much as you thinke will make the salue looke greene, & boyle them together till it come to a salue.

A medicine for the stopping of the liver, very good for the that haue the Fanders.

TAke parsley roots, fenell rootes, asperigon roots, Kneehā roots, Succory roots of each the weight of halfe a crown in silver, of docke roots the weight of 12. pēce, a litle liquorish, half a handful of Raysons of the sun stoned, boile this in three pints

pintes of water vnto a quart, and make almond milk with the liquor and take two partes of sweete Almonds, & one part of bitter, sweeten it with sugar, or else with syrup of Succory, and drinke a draught three mornings together, fasting 3 howres after it, vse this every moneth, you may put in Barly husked, Saxifrage, Maiden-haire, and Liverwort.

For the wormes.

THe powdee of Coralina to the weight of three pence in silver, given in the water of Couchgrasse.

A medicine for a quartan, or a tertian Ague.

TAke the herbs and rootes called Harts-horn, Plantan, and Orpine, and beate them with a little white wine & a little bay salt, and so lay it on a cloth vpō your wrest, but

but be ſure it lie on the places on both arms, changing it every twenty foure howres, but bee ſure that you lay it two howres before the fit commeth, and hang nine rootes of the Harts horne about your necke in a ſilke bag, ſo that it may lie vpon the hollow of your ſtomacke, and let it hang till your Ague be gone, you muſt not waſh neyther hearbes nor rootes, and you may take the rootes when you cānot get the herbs, and vſe thē ſo.

For the canker in the mouth, or rawnes, or in the lower part of the woe.

TAke red fennel, red ſage hyſop, hearb-grace roſemary, hony-ſuckell leaues, Fetherfew, & dayſie leaus, of every one a like quantity, in al two handfuls, boil theſe in a quart of running water to a pint, & ſtrain it, and let it ſtand vntill it be cleare, & put therein aſpoonfull of engliſh hony, & as much roch alom, beaten as the bignes of a bean

and boile it together, you must take off the skumme, as it doth arise when it is boiled, put it into a glasse and keepe it for your vse, you must warme it when you take it.

A good medicine for an Andicome, or a botch, or a sore breast, or Carbunkle, to ripe or breake them.

TAke a quantity of Herb-grace, a quantity of levened bread, wel crvmmed, half a spoonfull of sallet oyle, or capons grease, and boyle these in good ale grounds, & keepe it with stirring vntill it bee thicke, and when you doe vse it, lay it vpō a cloth warme to the griefe: this medicine wil resolue a breast without breaking of it, without it neede breaking; you must change it every day once.

A good salue to heale it when it is broken.

TAke a quantity of Baroes greace, a quantity of rosin, of each a like quantity, you must scrape the waxe and beat the Rosin, & boyle them together till they be melted, then take Lapis calaminaris and Roch allom, as much as a beane of each, and beat them together, then take a spoonefull of English hony, and put them together, and boile them againe, and when it is well boyled poure it into cold water, and make it vp in rowles, & keepe it for your vse.

A medicine for a bruise.

TAke a quantity of stone pitch, & as much gray sope, and beat the pitch thē together with stiring, vntil it be boyled, then take it off the fire, and

let it coole, and then spread it vpon a cloath, and lay it to the griefe, it must not be through cold, for then it will not spread, and if one doe not heale it, then lay on another cloth spred with the same.

An oyntment for an ague sore, or other sores, and for swellings.

TAke a Bryome root, & cut off the outside thin, some do cal it wild vine, slice it, and lay it al night in a pint of sallet oyle, & then boile it, and strain it, keepe it for your vse, for this is good to annoint any ague sore, or any other swelling.

Then take halfe a pint of sallet oyle, and as much redd lead as you can buy for two pence, and boyle them together, & keepe it stirring vntill it looke blacke, & then take as many clothes as you thinke will drinke vp the oyle & the lead, and then coole it, and keepe it for your vse.

This

This oyle and lead is good for ague sores, and other sores. Remember to annoint the sores with the oyntment aforesaid first, and then lay on the searecloth, doing this twice a day, vntill the sore bee whole. And for swelling you must vse the Bryome rootes, and the oyle onely, without the oyle and the lead.

An approved good medicine for the tooth-ach.

TAke rose water, eyther redd or damaske, take yellow waxe a quantity, and fresh butter, of eyther an equall quantity, & mingle them together in a dish vpon the coles, and then take a linnen cloth and dip it therein, and lay it vnto that side of your iaw where you are grieued, as hote as you can suffer it, the hoter, the better.

A medicine for the bloody flixe.

TAke two tosts of cheat bread, & tost thē, & two egs and rost them

hard, and take the yolkes of them and the liver of a chicke, & beat all this together small, then put all this into a pint of charne-milke, then take half an ounce of Cynamon, & beat it small, and put it in the medicine, and then take of it evening and morning fasting, for so it most avayleth you, but if your stomacke be weake, then put in some sugar to sweeten it.

For the pin and web in the eye.

TAke the iuyce of Parsley & halfe as much hony, and with a fether droppe it in the eye, & after it you must put in some pouder of white Sugar Candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory a prety quantity of it, and mingle it with som Bores greace

greace, and ſpread it vpon a cloth, and warme it againſt the fire, and lay it to the place.

A medicine for a greene wound.

TAke a quantity of Venice Turpentine, & waſh it in faire water vntill it be white, thē take a plaſter thereof, & lay it to the wound vntil it be drawne, then take the yolke of a new laid egge, and adde therevnto a ſmal quantity of fine wheat flower, and a little freſh butter, and mingle them together, and lay a plaſter thereof vnto the wound after it be drawn, with the turpentine.

Another medicine to be takē inwardly for a greene wound, to be taken in ale or Beere, it is likewiſe good for the ſhutting of a bone broken or cut, eyther for man or beaſt.

TAke juice of an herb called Bonwort, to the quantity of 3. or 4.

ſpooneſuls or more, according to the ſtomacke of the partie that is hurt, take the ſame quantity, and drinke it eyther in the milke, or as before it is written, three or foure ſeverall mornings faſting, or oftner as you will, and it will free the party when the hearbe is not to be gotten, then you may vſe the roote and it will availe as much.

If the wound be but little, either this drink, or the medicine before written will helpeit, but if it be great, you muſt vſe both rogether.

For to heale wounds and ſores.

TAke roſin and frankinſence, of ech foure ounces, of white wax & olibinum, of each three ounces, of Harts ſuet, of Maſtick, of ech an ounce, Venice turpentine halfe an ounce, white wine a pint, melt the Roſin, the Frankinſence, and the Harts ſuet together, thē ſtrain it in a pan,

a pan, and put thereto all the white wax, the Olibinum, & the mastick made into powder, and the white wine, boyle al together til the wine be consumed, then take it from the fire, and stir it til it be almost cold, then put in the turpentine, & make it in a rowle, and keepe it in parchment or leather.

Another.

TAke Callamint, Penniriall, of each a like quantity, Nigella romana seed a little bruised, a French crownes weight, boile all these in posset drinke made of white wine, and ale, a good draught evening and morning you must drinke.

A medicine for the head burning that long time hath beene.

TAke a quãtity of the gaule of a hare, & as much of hony mingle it together a good while til it turn red, and with it annoint the forehead

head, and al the aking shal be taken away, this is a pretious oyntment.

For to set in a bone, or heale a broken bone, in man or beast.

TAke the iuice of Comfrey roots and wild dayfie roots, and boile them with turpentine, and yellow waxe, and make a flat plaster therof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it stiffe once in fiue dayes till it be whole, and you must drink the iuyce of the rootes nine dayes in some liquor, either to man or beast when you vse the plaster.

For the Pyles.

TAke new milke and thicken it with oatemeale, finely sifted through a fiue, and let it seeth till you make it vppe like suppositaries and then take it vp, and cut off the outside of a race of ginger, and

and grate it and mingle it together and some of it make into a plaster, & the rest make like suppositaries, and put them vp as you doe suppositaries, and then lay a plaster on the place, and vse this vntill you be whole.

A medicine for a rupture in old, or yong.

TAke Knotwort, Ribwort, and Comfrey, of ech a like quantity, wash them and drie them, and set them in the oven when the breade is drawn, so that they may drie, thē beat them to pouder, then searce them finely through a searce or siue, and looke what quantity you take of the herbs when they be dried, take halfe so much Annise seed and beat them with the powder of the hearbs and searce them; and thus having made the pouder ready, when you will vse it, take as much of the pouder as you can lay or take vpō a good broad 6. pence, and 14. mornings together giue it to

to the party to drinke with a little malmesey fasting, and annoint the place first with oyle of spike mingled with any other thing, and also take such hearbs, as you make your powder of and seeth them in fayre running water till they bee tender, wringing the water out of them, & apply them to the place as hote as the party can suffer it, and let not the trusse be to straight, lest it force the place, to rent further: take the hearbes to make the pouder with in May when the chiefe strength is in them, the Knotwort beareth a little watchet flower: This hath been proved on childrē so borne, & on old folks that haue been foure & twenty yeares broken, and doth helpe all sorts, that with good vsage, doe not abuse themselus, through the grace of God.

A

A medicine to be vsed during all the time of the plague, good against Infection.

TAke a pint of white wine vineger, and half a pint of Iene Trekell, and a quantity of Bole Armoniacke, otherwise called Bolles verus, and ſtirre all this together, and take three ſpoonfuls in the morning, faſting, and faſt an howre after it, and take three ſpoonfulls an howre after ſupper.

Another medicine for paine in the head.

SEeth leaues of Agrimony with hony, and giue them to drink, & draw it through a cloth, and keepe it in a boxe, & therewith annoynt your head, and waſh your head in the water that Celondine is ſodden in.

For aking of the head.

SEeth Pulioll in Ayſill, and then put in thy noſe.

Take Rue and Fennel, & ſeeth them together in water, & waſh therewith the head.

For a Fellon of the head that ſwelleth the head of a man, & that before written is for the ſame.

TAke the greaſe of an Hart, & hony, and barly meale, and otetreſt, and moicell, and ſtampe them together, and after ſhaue thy head, and then make a plaſter, and lay it to thy head as hote as you may ſuffer, and let it lie till it bee whole.

For all Ebilles of the head.

TAke Rew, and ſtampe it with ſtrong Ayſill, mingle it and waſh the head therewith.

For

For the Carbunckle, or the Postume in the head.

TAke wormewood, Origanum, Mayron, by even portions, and seeth them in sweet wine, and after that wring out the iuyce, and lay it to the eares of the sicke with two sponges, as hote as he may suffer it, and vse this two or three times, & he shall be whole.

For the Meygrim, Postume, Dropsie, Fever, and all maner of aking in the head.

TAke a penny weight of the root of Pellitory of Spaine, sixe penny waight of Spicardie, and grind them together, and seeth them in good vineger, and take a saucer full of hony, and fiue of mustard, and when the liquor that is boyled is cold, doe thereto the hony and the mustard, and stirre them well together, and let the sick vse therof halfe

halfe a spoonefull at once,& holde it still in his mouth,the space of 2. creeds saying,and then spitte it out into a vessell & do so ten or twelue times,a good while after hee hath eaten at noone,&a little before euē ten or twelue times,and when hee goeth to bed take and wash cleane his mouth,and drinke a draught & goe to bed:vse this medicine three dayes,& he shall be whole.

For the head ach.

TAke & seeth vervine and bitony,filles, and wormewood, & wash the parties head with the water thrice in the weeke, & take the herbs,and make a plaster, and lay it vpon the vpper part of the head on this wise.

TAke the herbs aforesaid, when they are well sodden, & wring out the iuice of them,& thē stampe them

thē in a morter, and temper them with the water wherewith they were sodden, and doe thereto the bran of wheat for to hold the iuice of the hearbs, that it go not out, & make a garland of linnen that may go about the head & bind the plaster vnder it, as hote as the sicke may suffer it: do this three times, & he shall be whole.

Another.

CLoues comfort the stomack, liver and heart, they helpe disgestion, & stopp the belly, they quicken the eye-sight, & scowre away the cloudes & hawes of the eyes, they are good against all cold diseases, & they are hote in the thirde degree: the oyle of Cloues is very good for a cold stomacke, and for any other place that hath neede of warming, as a rumaticke braine.

Another.

TAke of litrage of lead foure ounces, of vineger, of commō oyle a

like quantity, put the litrage in a morter, & put a litle of the vineger & a liccle of the oyle, and beat them together, and so put in by a little & a little all your oyle & vineger. you must beat thē two houts together, it must be as thicke as your greene salue.

Another.

TAke Camphory, harts-ease, privit, plantan, of each of them one handful bruise these in a morter, & put therçto of Harts suet, of fine sallet oyle, of each dimme a lib, mingle them well together, and let them stand foure and twenty howres, then put them into a pann or brasse pot, and put thereto of waxe and rosin broken in small peeces of each dim. a lib, let these boile all together over a fire of coales, vntill the iuyce of the herbs be consumed, and the oyntment green. then strain it through a canvase cloth into some pot that you will keepē it in, and when it beginneth

neth to be cold, then put thereunto 4. ounces of Venice turpentine, & stir altogether, vntil it be through cold and keepe it close covered

Another

THe wine of eye-bright is made for the eies, by puting the herbs into the must, vntill it bee perfect wine, whose vse make the eyes of old men look yong, for it is hote & drie, and the powder of it beaten with the yolke of an egge it worketh the same effect: the powder receyved in wine, if the wine bee too strong, put in fenel water, or sugar.

A medicine against the stone in the backe or bladder, or for the weaknesse of the backe, which is called the running of the raynes.

TAke venice Turpentine, & wash it in rose water, either red or damaske, vntil it look white, then divide it into small bals, as you may

easily swallow to the full quantity of three hasell nuts, or there about, then rowle them in sugar, to make them the more easie to bee taken, then swallow them in the morning fasting, & fast 4. howrs after them: take these three or foure severall mornings together, and in your water you shall find much gravell.

To take away the poeke-holes, or any spot in the face.

TAke white rose water, and wet a fine cloath therein, and set it all night to freeze, and then lay it vpon your face till it be drie, also take three poppies, the reddest you can get, and quarter them, taking out the garbitch, then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of fiue or sixe egs, a handfull of fine sugar, and as much rosewater, & put them in a pottle of creame of the thickest that you can get, beat them altogether, as the snow riseth, take it off with a spoone, you must beate it with a sticke cloven in foure, then must you take a loafe of bread, and cut away the crust, & set it vpright in a platter, then set a faire rosemary branch in the loafe, & cast your snow vpon it with a spoone.

A medicine for the Piles.

TAke the hearbe called Torchwort, it groweth hie, bearing a yellow flower, blowing out of the stalke, the leaues look hoare. Take the iuice & boil it with fresh butter a litle while, & keep it close, & vse

it evening and morning: if a cowes vdder be stung or bit with a snake or such like, take Lavender, and wash it cleane & seeth it in chamber-ley a good while, and wash it evening and morning warme, you may put a little fresh butter in it, & milke out the milk when you do it.

A medicine for a cold, or burne or a sore, approved.

TAke water-sucke leaues, otherwise called Hogwort leaues, allie-house daisies, rootes and leaues and all, and a little Rosemary, and wash them and stampe them, and boyle them in creame vntill it is butter, then straine them, and apply it warme to the burne, pricke the water-sucke leaues, & lay them vpon it, dressing it twice a day, or three times if it need. To heale a sore, put Turpentine, Rosin, and waxe in it, dressing it with Linte.

For

For the ſtitch.

TAke ſtich-wort, bay leaues, holly without prickles, of each a like quantity, the iuyce, grains beaten, drinke it in ale warme.

For the ſwelling.

TAge the grounds of good Ale, glovers ſhreds, and white bread crummes, and ſage, boyle them, lay it to warme, it will ſwage the ſwelling and the ach, it hath beene proved.

For the tooth-ach.

TAke Organy that groweth cloſe to the ground that taſteth like aqua vitæ, bruſe it, lay it to the tooth Burſa paſtoris will do the like.

For a bite, or Fellon, or sore legge.

SEeth a pint of ale to two spoonfuls like a syrope, pricke a peece of leather with a pinn, it will heale it without breaking: if it be broken, take lint to the hole with some salue, let it lie foure and twentie howres, lay it to cold.

For the scratches of a horse leg.

TAke vineger, mustard seed, gunpowder, boyle them, wash it hote three or foure times, proved.

For the Gowte.

TAke mallowes, & sengren, beate them and boile them in water, then straine them, put oatemeale grotes soked in vineger, and sheeps suet vntryed, then boile it to a pol-tesse, proved.

For

For the Ague.

TAke a red onyon cut ſmall, ſixe and fifty graines of pepper beaten ſmall, bind it to the wreſt halfe an howre before the fit, proved.

For the Gowt.

TAke a fat whelpe of a hound, ſcald him like a pigge, garbage him in the ſide, take then red nettles ſtamped with two ounces of brimſtone, and foure ounces of turpentine, foure yolkes of egges, ſtuffe the belly and ſowe it vp, roſt it with a ſoft fire, ſaue the dripping oynt the place, it is good for ſinnewes and crampe, it will driue it away: for the like effect, oyle, nettles, white wine, boyle them, apply them hote.

For the Ciatica.

TAke the gall of a bull, a quart of wort, boil it to a pint, the put in a pint

pinte of vineger, frankinsence one ounce in powder, of hony halfe a pound, of commin halfe a pound in powder boyle it thick, spread it on leather, lay it to hote two or three dayes, lay a linnen cloth between the skin and the plaster, the plaster will serue many times, prooved.

For the tooth ach.

ALlom as big as a walnut, garlick an handfull, twenty beanes, an handfull of bay-salt, pepper, beat it together, lay it to the wrests, twenty foure howres, or more.

For to stop the bleeding of a wound.

THe wool of an inck-horne, sanguis draconis, & bollarmonick, and the whites of egs layd on tow.

For

For a Consumption, eyther for olde folke, yong folke, or children.

TAke longwort, liverwort, Harts tongue, of each a handfull, redd mints, red sage, mother of time, of each a handfull parsley and fennell rootes, the piths out of each, halfe a handfull, liquorish an ounce, annis seeds an ounce, sceeny two ounces, turbet an ounce, tappe dates two ounces, synamon an ounce, nutmegs two ounces, white sugar candy foure ounces, rubarb an ounce sliced, stampe your spices and your seedes, and beat your other pottecary stuffe, and shred your hearbes fine, boile it in 2. quarts of renniſh wine to a pottle, strain it, drinke 4. times a day a quarter of a pint at a draught warm, put in a peniworth of aqua vitæ, & as much saffrō beatē fine: after it is boyled, if the patient be laxatiue, leaue out your rubard, sceeny, & turbith, and boile it

wort, it is best in wort for childrē: for aged folkes that be weak, boile in the stone of a Bore, or a ram, or a horse is best, one stone is enough for one time, you may take one to purge, & another not to purge, the second receipt is enough, purge first.

To make one make water.

TAke the stones and kernels of peaches and medlers, beat them fine, sift them through a searce, put in sugar, drink it in white wine.

To make a Seare.

TAke a pound of stone pitch, as much rosin as a great walnut, & twice so much clean wax, a spoonfull of fresh swines grease, boyle all together till it be well mixt, then coole it in water, then oyle your hands with hogs grease, & labour it in yout hands an howre & more til it will cleaue to your hands.

For

For the same, and the best for all maner of aches.

TAke Rosin dim.li. of perroson a quarter of a pound as much gum masticke a quarter of a pound of Deere suet, two ounces of Turpentine, one ounce of cloues and mace, of saffron two ounces, and the liquour must be oyle of Roses.

For a great ach, a soueraigne medicine.

TAke sparmacitie eight pennyworth, of oyle two d of blacke sope halfe a pound, of butter without salt as much as a great walnut, boyle it on a chafindish of coales, half an howre, stirring it wel from the bottome, spread it on leather, as broad and as long as your grief, lay it to foure or fiue dayes.

To

To make a good ointment or salue for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of brownwort, as much of hony suckles, as much of tursame, as much velerion, boyle all these in May-butter till it be browne, then strain it, and put in a quantity of Virgine waxe, then boyle it againe.

A good receipt for all maner of sores old or new, named the gift of God, prayse be to him.

TAke Beetonie, vervein pimpernell, bugle, smallage, plantane, Scabeas water, Agrimony, of each alike stampe them together, boyle them together in a gallon of white wine to the thirde parte, then straine them, and putte to them a quantity of sheepes suet, and halfe a pound of waxe, di. li. of Rosin, di. li.

dish pitch, one li. of olibanum, and boyle it againe.

For bagges in the Fundament.

TAke the yolke of an hard egge rosted, the oyle of roses, & marygold leaues, beat it together, lay it to hote.

To kill a Tetter.

TAke greene broome, boyle it in a quart of running water halfe away, bath it with it.

For the Pestilence.

TAke the water of Beetony, and pimpernel, turmentill, or Scabeas mixe it together, drinke it nine dayes fasting, and feare no pestilence.

For

For one that is taken within the body, or any place.

TAke Rose cakes, aqua vitæ, and rose water, heat it on a chasin-dish of coales, lay it to the stomack, they shall mend by Gods grace.

For the Ague, or cold.

TAke green Aldersticks, take the inner rine a handful, beat them drinke it in ale fasting, fast 3 houres walking after it, then eat a caudle.

Another for the ague.

TAke a spoonefull of iuyce of orenges, as much aqua vitæ, mingle it with a yolke of a new layde egge in the shell, supp it vp fasting, once or twice.

K. Henry the eight his perfume.

TAke six spoonfuls of compound water, as much of rose water, a quarter

quarter of an ounce of fine ſugar, two graines of muske, two graines of amber-greece, two of Civet, boyle it ſoftly together, all the houſe will ſmell of Cloues.

For the Stranguriõn.

TAke hore-hound one hanfull, & an halfe, red wine halfe a pinte, of oliue oyle fiue ſpooneſuls, boyle it together, put it in a linneu cloth to the ſmall of the backe, as hote as may be.

To cleanſe a wound.

TAke beere, wheat, ſtone flower and hony, boyle it thicke, apply it to.

For the Gowt.

TAke wormewood, walwort, wheaten bran, Cow dung, and ſalt, boile it in vineger, plaiſter it to the griefe.

For a Bruiſe.

TAke halfe a pint of ſallet oyle, as much oile of roſes, as much aqua

vitæ, and three or foure scoore snailes that beare shels, stamp them small, & boyle them to oyle.

To keepe one Laxatiue.

TAke a new laide egge, put out the white, then put in new butter vnsalted, heat it, then eat it, vse it often.

Two remedies very good against wormes in little Children.

TAke flowre of wheat wel boulted, as much as will lye vpon 3. crowns of gold, & put it in a glasse, and poure into it well water, so much as wil steepe the said flowre, and make it looke as it were milke and no thinner, then giue the child drinke of it and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The

The second remedie against wormes.

FOr children that be so little, that the medicine cannot bee ministred at the mouth, you must take very good aqua vitæ wherewith you must wash or wet the stomack or breast of the child, then powre it vpon the said place with the pouder of fine mirrhe, and lay the child down a little while with his breast vpward, and you shall see incontinently the wormes with the childs dung, come forth dead.

To heale children of the Lunaticke disease which happeneth vnto the by reason of a worme with two heads that breedeth in their bodies, the which worme comming to the heart, causeth such a passion in the childe, that oft times it killeth them.

TAke the tender stalks of a wilding tree, and drie the in the sha-

dow, then stampe them well, & sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, & a quarter of an ounce of myrhe, all these well beaten to powder you must put in a dish, or in some other vessell, and moist thē with a little water, then take of it with your two fingers, & wet the lips and mouth of the child, do this three or foure times, and you shall see the worme come foorth dead with the excrements.

A remedy for the falling sickenesse.

TAke germāder gathered in May when it is in the blossom, dry it in the shadow, & make it in pouder and when you will vse it, take the yolke of an egge or two, & stir and break it with a spoonful of the said pouder, then seeth it, and giue it to the patient to eat, do this morning and

and evening eight daies, abſtaining from wine, carnall company of women, from al pulſe, beans, peaſe, fetches, tares and ſuch other, from Salates, ſalt-fiſh, and from all other thinges which are hard of concoction and digeſtion, a very good and notable ſecret.

A medicine to cure the biting of all venemons beaſts.

AS ſoon as the partie feeleth himſelfe bitten with any venemous beaſt, or as ſoone after as may bee, take green leaues of a figge tree, & preſſe the milke of them three or foure times into the wound, and for this ſerveth alſo muſtard ſeede mingled with vineger.

To draw an arrow head or other yron out of a wound.

TAke the iuyce of valerian, in the which, wet a tēt, & put into the

wound, laying the said hearb vpon it stamped, then make your binder as best fitteth, and by this meanes you shall draw forth the yron, and after heale the wound.

For a knocke or fall, causing a bunch vpon the head.

TAke an ounce of bay salt, raw hony three ounces, comin three ounces, turpentine two ounces: mingle all these well vpon the fire, then spread it vpon a linnen cloth, and make thereof a playster, & lay it hote to his head, the which will asswage the swelling, and heale the hurt.

A secret remedy against the plurisie

OPen a white loafe new baked in the middle, & spread it well with good Treacle on both parts, vpō the crūmy sides, & heat it at the fire, thē lay one part vpon the place of the disease, & the other part on the

the other side of his body directly, and so bind them that they stir not leaving them so a day and a night, or vntill the impostume breake, & then take away the bread, and immediarely the patient wil spit forth the putrifaction of the impostume, and when he hath slept a little, let him eate, and by Gods helpe hee shall shortly be well.

A very good remedy for a woūd with a sword, staffe, stone, or such like.

TAke Taxus Barbarus, stampe it and take the iuyce of it, and if the wound bleed, wipe it, & make it cleane, washing it with white wine or water, then put the iuyce vpon the wound, and the hearbe vpon it, out of the which you tooke the iuyce, then bind vp the wound, and in one day you shal see a wonderfull effect.

Against the disease or griefe of the stake, and the chollicke passion, experimented, and proved divers times.

TAke halfe a glasse or lesse of the iuyce of Barberies, whe they be very ripe and red, and put into it as much red Corral as will lie vpon 2. groats well broken into pouder. & giue the patient to drink therof.

Another perfect remedy for the same disease and to make a man pisse within halfe an howre, that hath not made water in three or foure dayes, and will breake the stone within ten or twelue dayes.

TAke fine pouder of Virga aurea and put a spoonefull of it into a new layd eg, soft rosted, & giue the patient thereof in the morning to his breakfast, & let him not eate in foure houres after, & then shall he make

make water in lesse then halfe an howre, and let him vse this for the space of ten or twelue daies as aforesaid, the patient shall void the stone without any paine or griefe.

A remedy for spitting of bloud occasioned by the breach of some vaine in the breast.

TAke mise dung beaten in powder, as much as will lie vpon a groat, and put it into halfe a glasse full of iuyce of plantane with a little sugar, and so giue the patient to drinke thereof in the morning and evening: continuing the same, he shall be sound.

Against the griefe of the lungs, and spitting of bloud, a remedy experimented and tried.

TAke an hearb called farfara, or Tusfilago of the Apothecaries Vngula cabellina, in English called Colts

Colts foot in French, *pat de lion*, incorporate it well with the lard of a hog chopped & a new laid egge, boile altogether in a panne, & giue the patient of it to eate nine mornings: this is also good to make one fatte.

Against a stinking breath.

TAke Rosemary leaues with the blossoms, if you can gett them, & seeth them in white wine with a little mirrhe and Cynamond, and you shall find a marvailous effect, if you vse it often in your mouth.

Against the biting of a mad dog, and the rage or madnes that followeth the party bitten.

TAke the blossoms or flowers of wild thistles dried in the shade & beaten into powder, halfe a nutshell full, put into white wine and drinke

drinke it & in thrice taking it you shall bee whole. A thing tried and experimented.

A medicine for watry eyes.

TAke a red coleleafe, and anoint the leafe with the white of an egge, when you goe to bed lay the same to your eyes.

A medicine for sore eyes.

TAke a little ground Ivie & strain it and womans milke togethter, and let it be somewhat greene of the Ivy, and then drop a droppe or two into the eyes.

Another for the same.

TAke Fennell water still'ed, and liue hony, and mingle them together, and put a drop or two into the eye, these are approved.

To

To make water for the eyes to kill the heat of any sore.

TAke redd Sage and boyle it in Smithes water, vntill the third part be consumed, then straine out the Sage very hard, & put into it a quantity of the liquor, a penny-worth of Allom, and as much of white coperas, after you haue take it from the fire, and annoynt your eyes therewith.

Another for the same.

TAke the leaues of red brambles, and of plantane, and hony suckles and boyle all them in running water, from a quart to a pint, and vse it to the sore.

A medicine for the pinne, and webb in the eye.

TAke the white of an egge, being hote, take out the yolke cleane and

and put thereto a good quantity of ſugar candy, then ſtraine it hard through a cloth, & therwith make a water, & every day two or three times drop it into the eyes.

A medicine to cleare the ſight.

TAke red roſe-water, clean mirh as much as a nut and breake it into pouder, and bind it in a linnen cloth, and let it lie in the water, 12 howres, thē take of this water and put in your eyes, and it will clerre your ſight.

For a pearle in the eye.

TAke red Fennell, & the leaues and rootes of white daſies, vſe them without any liquor. and put together three ſpoonefulles of eyther of them, then take one good ſpoonefull of clarified hony, and two or three ſpoonefuls of womans milke, and droppe this into

into your eye, three or foure times a day, and if there bee auy sight in the eye, this will cure it.

For eyes that are blasted.

TAke a tost made of broun bread and lay it in redde wine that is not mingled, and let it lie vntil it be soked half an houre, then put it into a fine cloth, in two peeces, for each eye one, and the fine cloath must be betweene the eye and the tost, dresse it when you goe to bed at night.

To purge the head and eye sight.

TAke the iuyce of Hei-hoo, and put it into your nostrels, & the fleame shall follow, and the running water.

For the eyes that be red and sore.

TAke Fennel, Vervein, Roses, Salendine, and Rue, of each two ounces,

ounces, and distill it all together, & when need is, then put a droppe or two into the sore eie, for it is good for all maner of diseases in the eye.

Against the paine of the eyes.

TAke the yolk of an egge, rosted hard, & laid to with rose oyle & saffron, the iuyce of Basil put in.

For to see well.

TAke Eye-bright, red Fennell, of each halfe a handful, of Rue one quarter of a handfull, cause these to be distilled, and wash your eyes dayly with the water.

For the aking in the legge.

TAke a peece of soure leaven, and as much barme, and as much blacke sope, & temper them all together, & so spread it vpon a linnen cloth

cloth, and put it to your leg, where the heate is, and change it twice a day, and by Gods help it wil heale you in three or foure dressings.

A dyet drinke for the consumption.

TAke a gallon of running water, measured by ale measure, & put thereto an ounce of Cynamon, an ounce of cloues, and an ounce of mace, a dramme and a halfe of Acter roots, and boyle it vntil it come to three quarts, let this be your only drinke till you doe mend.

A medicine for the head-ach.

TAke a handfull of Rosemary, & two handfuls of Bittony, and a spoonefull of hony, and seeth them all in Malmesey, and wash your head therewith.

Ano-

Another for the head-ach.

TAke fiue nutmegges, and grate them, and seeth them in malmesey till they be thicke, and make a plaster thereof, and lay it to your Temples.

For wind & shootings in your head.

TAke Egremony and Cynamon, and bray them, and put them in ale, and lay it to the temples of the head, and if the paine remoue, lay it where the paine removeth.

Another for the head-ach.

TAke a handfull of Camomill, a handfull of penneryal, a handful of sage, a handful of wheat branne, chop them altogether smal; & boile them in a pint of sharpe vineger til they be thicke, and thereof make a playster and lay it to the temples of

the head as hote as you may suffer it, and it shall (by Gods helpe) doe you good.

Another for the same.

TAke a peece of raw beefe, & lay on the nape of your necke, and shift it every night when you go to bed, and vse this as often as you see good proved.

Another for the same.

TAke an ounce of oile of Roses, two onnces of white vineger, 4 ounces of plantane water, mix these together, and wet a linnen cloth in it, and lay it to the Temples.

A medicine for Megram in the head.

TAke Housleeke, and garden worms, the greater part being housleeke, stampe them together, & put thereto fine flower, and make a plaster in a fine cloth, and lay it to the forehead and temples.

Ano-

Another for the same.

TAke musterd seed, and temper it with Vineger, and make an oyntment therefore, and lay it to the temples in a plaster, and an other in the nape of the necke behind, where it is not sore, and it will avoyd, and shortly be whole.

A medicine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leaven and commin seed beaten in a morter, a quantity of bay salt, and red rose vineger, and red rose water, put them into a bag of cloath, and lay it to the mould of the head.

To drie vp Rhume in the head.

TAke a quãtity of dried rose leues the flower of Camamil, Bassell,

Margerum all dried, a quantity of Cloues and mace, grose brused, a Nutmeg and a quantity of dill seed, all quilt in a cap.

A Poultis to coole any place, eyther face, or any where else, that is red and full of hote pimples.

TAke housleeke, mallowes, pursaline, water roses, called numium, beate all these, and take the iuyce of them, and put a little oyle of roses to them, and wash the place with it, or stamp the hearbes till they be thicke like pappe, then seeth it with a little rose oyle and waxe, and then you may lay it on as a plaster.

Against red pimples of the face.

TAke an ounce of Camphire as much of brimston beaté, mirh, frankincense, of each foure drams, of rose water a poúd, put al these in a glasse,

glasse. & set it in the sun ten dayes, and then lay it on the places.

Another.

TAke the distilled water of ashe tree, tamaredes oft eaten, wine of strawberies layd vpon the face.

Another.

TAke the distilled water of mullne, & a little champhire mixed together, aud layd to the face.

A medicine for them that are deafe, so that they haue heard before.

TAke iuyce of Bittaine, womans milke that hath a man childe, mingle them together, and dippe a peece of blacke wooll into it, and put a peece of it into your eare, for the space of ten or Eleaven daies or more, if it happen that this will not take away the deafe-

nes, then take the milke of a Cow, and seeth it with oate-meale, and iuyce of bittany, and lay it playster wise over the eares, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, and two drams of Sulpher vinum & an ounce of Deeres suet, melt the suet and the Camphire together, then put in the Brimstone, fine ground in a morter, when the other is almost cold, and set them no more over the fire after the brimstone is put in: These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much mercury sublimate as a bean, and twise as much allom, & put them in a quart of faire water, & boile them together with two

two or three cornes of bay salt, and bath your face therwith often in a day with the same cold, & open the pimples with your fingers, before you wash.

For a sore mouth.

TAke a quart of white wine, & a qnart of water, & a pint of wine vineger, & a good quantity of red sage, two pennyworth of Mercury and halfe an ounce of roch Allom, and a quantity of Rosemary, and a greater quantity of woodbine leaus, and three spoonfuls of hony, seeth them together, and wash your mouth therewith.

A water for a canker, & sore mouth

TAke Rosemary croppes, Sage, Singfield, woodbine leaues, Allom, liue hony, or pure hony boiled in spring water, halfe a handfull of each of the foresaid herbes boyled in three pintes of water, til they be boiled a third part away, and keepe it in a glasse stopped,

and wash your mouth with it.

For a canker, and sorenes in the mouth.

TAke two ounces of fine coperis beaten into powder, halfe a pint of fair water, & let the same coperis be distilled or steeped two daies & two nights, then strain the same softly through a linnen cloth, then take a spoonefull thereof, and wash your mouth & throat with it softly, blood-warme, but drinke none of it: this medicine will not continue good aboue fourteene dayes, therefore you must make it fresh as occasion serues, you must take it morning and evening.

A medicine for the mother in a womans side that riseth.

TAke Aqua composita and beate bay berries in powder, and put it into the aqua-composita, & put a spoonfull

ſpoonefull or two in a draught of beere or ale, and ſo drinke it.

A medicine for the pricking of a needle, or thorne in the ioynt.

TAke fayre boulted flower of wheat, and temper it with wine white or red, & a little oyle oliue, and a few roſe leaues, & ſeeth them together till it be plaiſter thicke, & lay it to ſo hote as you can ſuffer; it will draw forth the needle, & eaſe the ach.

A medicine for a canker that eateth mans fleſh.

TAke wheate branne of the ſmalleſt powder, the iuyce of Smallege, the iuyce of wood bine, and burnt allom, beate into powder, & a little hony, mingle all theſe together, and make a playſter of it, and lay it to the ſore, and it ſhal deſtroy the Canker.

For a bruise.

TAke Virgine waxe, and Commin seede well beaten, mixe them together, and lay it to the bruise plaster-wise.

For a white Scalde.

TAke sallet oyle beaten with the whites of egges til they be thorowly wronght together, cut away the heare, and so annoynt the head and lay a bladder vpon it.

A medicine against all Riches.

TAke linseed, and boile it in new milke, and make a plaster therof and lay it to the place grieved.

A medicine for a sore breast.

TAke groundsill & chop it smal, the groundes of small beere, whea-

wheaten bran,& sheepes suet beaten in a morter,and boile them altogether, and lay it plaster wise to your breast.

A medicine for swelled breasts.

TAke white wine, wheat branne new bolted, rose leaues, old & new, seeth them vntill they bee thicke, then lay it to the breast as hote as she may suffer it, from euen till morning, & shift it againe.

To breake the fleame of the breast.

TAke butter without salt, & hony of each a quantity, faire bitter Almonds, blanch them, & beat them fine, and eate a little every day.

A very good medicine for any ach or sore breast, often approued.

TAke frankinsence, fine wrought wax, Boares grease, and Rosin,

of

of every one of them a like quantitie, and seeth them together to a cake, spread it on a cloth as broade as the sore or paine is, and lay it to foure and twenty houres, or twelue at the least.

An approved medicine for a sore breast.

TAke a handful of mallows, seeth them very soft in faire water, & then let the water run away from the mallowes, then chop or shredd them, then put them in a dish with bores grease, and heate them very hote, and lay it in a plaster of linnen cloth to your breast, as hote as you can suffer, three or foure times a day heating it, this hath been approoved very good.

A remedy for the pains of the breast.

TAke hysope, parsly and sage, stamp them together, & lay thē to the breast, & they wil be whole.

Ano.

Another for the stopping of the breast.

TAke Rew, and seeth it with allegant, and drink it three or foure times.

A medicine for the bloody flixe.

TAke as much fine linnen cloath as wil make a suppositary, being rapped together button wise, then wet the same in the best aqua vitæ, or aqua composita, and let the party grieved convey the same into his fundament, & it will help them by the grace of God, within three or foure dressings: this is approved, & hath holpen many that haue beene brought low, & thought past cure.

Doctor Smithes medicine for the collicke and stone.

TAke posset ale made of rennish wine, boyle Camomil, running time, parcely, pellitory of the wall, with

with a good spoonfull of commin seedes, till the third part and more be consumed, thē straine them with suger sufficient, drinke a good draught warme, and vse it as occasion serveth.

A medicine for the chin-cosse for a Child.

TAke boares grease, and warme the soules of the feet to the fire, and chaffe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Laxe.

TAke halfe a quarter of a pound of Almonds, and parch them vpon two new tiles, beat them in a morter, and take a quart of fair water and set it on the fire, and put halfe a handfull of knotte-grasse, and halfe a handfull of plantane Leaues, and let them seeth a good while, then take the water, and

and ſtraine the foreſaide Almondes therewith, and make an Almonde milke thereof, and put in a peece of ſugar, then take date ſtones, and beare them to powder, as ſmall as may be, and put ſome of that powder into the almond milke, ſo drink it luke-warme.

An excellent medicine for a child that cannot part with his water, or vrine.

TAke three or foure hiue bees, kil them, then drie them vpon hote ſlate, being through drie, bruiſe them to ſmal pouder, then put the powder into a quart of ſmall ale, & giue the ſicke to drinke, and he ſhal haue preſent remedy.

A medicine for the paine of ſwelling in the ſtomacke.

TAke a good quãtity of roſemary flowers, boile thẽ in whit wine and

and as hote as may be suffered, apply it to the stomacke.

An approved medicine for the Spleene.

TAke a quart of claret wine, a pint of oyle of oliffe two good handfuls of camomill, being shred small, and boyle the wine and camomill together from a quart to a pint, and annoynt the hardneſſe of the Spleene, morning and evening therewith, and it will dissolue.

A medicine for a fellone or andcome.

TAke rustie bacon, & Colewort leaues stamp them together, thē take a peece of dogs leather, being pricked full of holes, and spread it vpon the leather, laying it to the sore twice a day, and when it beginneth to heale, but once a day.

A

A medicine for the ytch of the body.

TAke sweet butter, vnwrought waxe, vinegar, brimstone, a little rose-water, red cloues whole, boyle them together, till they bee like a salue, then annoynt the flesh, three sundry nights by the fire therewith, and no more.

A medicine for the Canker in the body.

TAke Bollarmoniacke, roch allom, and hony, then beat them to powder, take twise as much of the allom, as of the Bollarmoniack, and stirre them tog ether, till they come to a salue, and so annoynt the sore.

A medicine for the heat or ache in the body, or legs, or else where.

TAke red docke rootes, and take out the over pith, & seeth them

in running water, then draw the water frō thē, & beat it with thick cream, and so annoynt the place that is grieved, or with a cloth dipped in the same, and layd over the place.

A medicine good to clense the body.

TAke bawme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonful or two in the morning, proved.

A medicine for a Fistula.

TAke vervon, & drie it vpon a tile & make pouder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the pouder.

A remedy for one that vometeth too much.

TAke Coliander seedes, fine beatē in powder, and drinke it with minte water.

To

To make a sear cloth for all manner of aches.

TAke a pound of vnwrought waxe, halfe a pound of rosin, two ounces of Frankinsence, a pound & a halfe of sheeps suet, & boile them altogether, & strain them in a fayre bason, and then put them in a chafindish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A medicine for a Ring-worme, or Tetter.

TAke red docke roots, and slit te them, and lay them in vineger, & so wash the ring-worm or tetter.

A medicine for the flitch.

TAke wheat flower, & bake a cake & cut it in the midst, then strike the dowe sides all over with tarre,

and lay it to the patient, as hote as may be, you must lay the one halfe of the cake to the one side of the patient, the other halfe to the other side.

A Poultis for all maner of swelling.

TAke a lapfull of wild Mallows, and seeth them in running water, till they be tender, and then swing them, and chop them small, then take a peuny worth of sweete butter, and the crummes of white bread, and put the mallowes and all, into a quart of milke, and seeth it till it be thicke, and stirre it well, then lay it to the griefe, as warme as can be sufferd.

A medicine for the Cough.

TAke mustard seeds, & put it into figs, & seeth it in ale, & drink it.

A medicine for the Mother.

TAke Rosin, and beat it very fine & put it into sallet oyle, & white wine

Wine and drinke it, and it will do you good.

A medicine for the bloody flixe.

TAke the pilles of Pomegranut, beat them, and drinke them with red wine, morning and euening blood-warme, and heate a bricke red hote, and lay it vnder a close stoole, and cast Rosemary and Malmesey on it, and let the patient sit over it.

A very good medicine for the Piles.

TAke the hard rowe of red herring, & rost it hard, then take the seedes of nettles, & beat them together small, then beate them with barrowes grease, and boile them together, and annoynt the piles therewith, then take a chafindish of cooles & set it vnder a close stoole, and cast a little Frankinsence theron, and let the patient sit over it, when they be

annoynted with the foresaid oyntment.

A medicine for a burne.

TAke oyle of roses, and womans milke, and put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth clean washt, and burne it, and make a powder thereof, and take the oyle of egges, and annoynt the sore, then strawe the powder thereon.

A medicine for the Dropsie.

TAke Annyseeds, coriander seeds, spignard of Spaine, vse this in your meat & drinke eight dayes together, and it will doe you good.

A medicine to drie a sore.

TAke a pot of smiths water a quartern of roch allom, halfe a pinte of

of oyle of oliues, and put thereto a handful of sage, and boyle them together till they be halfe consumed, then vse it to the sore, and it will drie it.

A medicine for an ach that commeth against raine.

TAke the horns of a stag, cut them in smal pecces, and boyle them in water, till it bee consumed from a gallon to a quart, then poure the water from the bones, and it will gelly when it is cold, and therwith annoynt the grieved place against the fire, evening and morning.

A medicine for a burne or scald.

TAke mallowes and smalege, and seeth them in water, and when they be tender, take them forth, & wring out the water cleane, chop them small, and sette them on a Chasingdish of coales, and put

to it a little sheepes suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tye it on.

A salue for any old sore.

TAke the inner rinde of an oake that is not very olde, and burne it to a coale, then quench it, and make thereof a powder, & temper it with the yolke of an egge, and make thereof a salue.

To make a drink for a burning ague.

TAke a quart of running water, and halfe a pint of Vineger, half a quarter of a pint of Rose-water, a quarter of a pound of Suger, and one sticke of Cynamon, and boyle them all together, let it coole, and giue the sicke to drinke.

A Medicine for the heat of the liver.

TAke wort of the first Tap, and drinke it euery morning next your heart for a moneth together, and it will helpe you.

A medicine to make a yong child goe to stoole.

TAke May butter, and chafe the Navell therewith against the fire, then take some blacke wooll that groweth betweene a blacke sheepes legges, and dippe it in the May butter, and drie it, then lay it to the Navell: it is good for an old man also that cannot take no inward medicine.

An approved Medicine for the Navell, when it commeth out with crying.

TAke wax which is vsed noother way, but to take the hony from it, & when you haue an occasion, melte

melt some of the waxe in a saucer, and dip blacke wooll in it, and lay it to the navell, and it will helpe it.

A medicine for the swelling of a
[redacted]

TAke redde rose leaues, and bray them, & boyle them in red wine an houre, then wet a cloth in it, & lay it to the childs navell, as hote as you can suffer it.

A medicine to stanch the flixe.

TAke a saucer full of the iuyce of of Milfoile, and as much of the iuyce of plantine, & wheat flower, and temper it with the iuyce of the hearbes, and so make a cake of it, and bake it, and eate it hote.

For to stanch blood at the nose, or at a veyne that is cut, proved.

TAke feathers burned to powder, and lay it vpon the vaine that is cutt

cut, and also take a wet cloth and lay it round about the members & wet the cloth three times, and lay it to cold euery time, and it shall stench whereſoever it be proved.

For to helpe a drunken man, or woman for ever.

GIue him a purgation, and after that, giue him a swallow to drinke in powder for the space of twelue dayes, and for a monethes space giue him every day to eate 4 Almonds with 4. leaues of woode beaten, you must eate them in the morning next your heart, proved.

For Scabbes.

TAke Snayles and pricke them, and take the water that commeth out of them, and annoint the scabbes therewith, and take vine leaues, and bind them to the scabs, and doe it every morning & evening,

evening, and you shall be whole, proved.

To drie Scabs.

TAke gumme-arabecke, & put it in rose water till it be cõsumed, and wash them therewith, proved.

For the Palsie, or shaking in the hands.

TAke Sell and Eyesill, and seeth them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to Nature that is in a Consumption.

TAke the oldest Cocke you can get, scald him and draw him, & cut him al in pieces in a glasse pot, and stoppe him as fast as you can, and put amongst these peeces, cloues, mace, small reasons, and salt, and then put this glasse into a great potte, and let all these seeth together, till they be

be a gelly, & then straine it into a cleane vessell, and giue it to the sicke first and last, blood warme.

To restore the Braine.

TAke powder of Bittany and vse it in your pottage, it will restore the braine, and destroy the stone.

For a perillous Cough.

TAke Sage, Rue, and Commin, and stampe them with pepper, seeth them together with hony, & thereof make an Electuary, and vse thereof a spoonefull Evening and Morning, and by the helpe of God it shall doe you good.

For them that cannot see, and haue red eyes.

TAke white vineger, & rub vpon a whetstone in a fair bason, and take as much salt as powder, and grind them wel together in a bason and

and temper them with wine, and let it ſtand a day & a night, and put it in a violl of glaſſe, you muſt take the thinneſt that ſtandeth aboue in the baſon, and put in your glaſſe, & whē the patient goeth to bed, take a fether, and wet therein, and annoint your eyes.

To annoint the face and to make it white.

TAke freſh bacon greaſe and the whites of egges, and ſtamp them together, and a little powder of bayes, and annoint your face therewith and it will make it white.

For a faire face, proued another way.

TAke Plantine & white vineger, and ſtill them together & waſh your face therewith fifteene dayes, morning and evening, & after this, drinke a draught of vineger in the morning once in three dayes.

To

To make the face, white and faire.

TAke Rosemary and boyle it in white wine, and wash thy face therewith, and you shall bee faire, then take Erigan, and stampe it, & take the iuyce thereof, and put it all together, and wash thy face therewith, proved.

To helpe the face with red pimples.

TAke Bay-berries, and plucke off the huskes, & make fine powder thereof, & temper it with hony, & annoynt thy face therewith sixe times, and it will helpe you.

To draw broken bones forth of the head.

TAke Bittany, Verveine, and Rue, & stampe them all together, very smal and put thereto Rye meale, or wheat, & the white of an egge, and make a plaster, & lay it to the head.

To

To quench ones thirst.

TAke the roote of Lovege, wash it cleane, and stampe it, & temper it with water, and drinke a good draught of it fiue nights together, & drinke not in two howres after it.

For one that speaketh in his sleepe.

TAke Southernwood, & temper it with wine, and let the diseased drinke thereof in the morning, and when he goeth to bed.

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TAke the foot of a hare, & burne it to powder, and drinke thereof with red wine, and Cynamon first and last nine dayes, and it will help

[redacted]

FINIS.